

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

August 2012

### IMPORTANT – new Sport Cheshire Office from 26.3.12

Sport Cheshire, Unit 2, The Royal Mews, Gadbrook Park, Northwich, CW9 7UD.

**Congratulations once again to Alex Wort**, Warrington AC. Alex won silver in the National Decathlon Championships, and has been selected for the England A team to take part in the Home Counties International. This will take place at Stoke on 4-5 August.

The Prospectus for the NW Road Relays is available on the County website. Note that officials to take up various roles will be required to ensure that the event goes ahead as smoothly as possible. Please contact John Driscoll to offer your services on [jld@sunnyfield.co.uk](mailto:jld@sunnyfield.co.uk).

### **FIXTURES - Road and MT**

- 1 August Pie & Peas 5 mile MT, Moulton (Vale Royal AC)  
**19 August Birchwood 10K – CCRR Grand Prix 6 (Spectrum S)**  
**Also includes informal inter-county match Cheshire vs. North Wales. Adrian Thiemicke will select the Cheshire team from those who have entered by the closing date of 12<sup>th</sup> August**  
22 August Capenhurst 5K  
9 September Spire English half marathon, Warrington  
9 September Gawsworth 10K MT  
15 September NW Counties Road Relays (includes **Cheshire Championship**)  
Marbury Park, Northwich. **ENTRY FORMS have now been e-mailed to Clubs.**  
16 September Essar 'Sutton 6' 10K (West Cheshire AC)  
22 September Northern Athletics senior 6 and 4 stage and YA road relays,  
Leigh Sports Village  
30 September Sandstone Trail Race (Deeside Orienteering)  
**30 Sept Macclesfield half marathon – CCRR Grand Prix 7**  
7 October MBNA Chester Marathon **including Cheshire RR Champs.**  
7 October Congleton half-Marathon  
13 October ERRA National 6 & 4 Stage Road Relays, Birmingham  
14 October ERRA National Young Athletes' Road Relays, Birmingham  
3 November Langley 7 (2.00pm) (Macclesfield H)  
4 November Tatton half-Marathon  
4 November Crewe déjà-vu Marathon  
9 December Tatton Yule Yomp 10K (Cheshire Hash House Harriers)  
26 December Chester "Round the Walls" race  
30 December Ribble Valley 10K **(including NA Road-running Champs)**

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

### **NOTE:**

From 1 April all off-track events will be required to have an Event Adjudicator. To find out how you can help now, and for more detailed information, please visit [www.englandathletics.org/eventadjudicator](http://www.englandathletics.org/eventadjudicator).  
England Athletics, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham. B42 2BE Tel: 0121 347 6543

### **FELL RUNNING**

#### **FIXTURES - CROSS COUNTRY**

**2012**

- 29 Sept North Staffordshire League, venue tbc  
6 October Northern Athletics X-C Relay Championships, Sheffield  
20 October Heaton Park, north Manchester, MAX-CL  
27 October North Staffs League, venue tbc  
3 November ECCA Relays, Mansfield  
10 November Sherdley Park, St Helens, MAX-CL  
17 November North Staffs League, venue tbc  
24 November European Cross Country trial, Sefton Park, Liverpool  
1 December Wythenshawe Park, south Manchester, MAX-CL  
15 December North Staffs League, venue tbc

**2013**

- 5/6 Jan **CHESHIRE CC CHAMPIONSHIPS**, venue to be confirmed.

- 13 January Boggart Hole Clough, north Manchester, MAX-CL  
26 January NA X-C Championships, location tbc  
10 February Woodbank Park, Stockport, MAX-CL  
23 February English X-C Championships, Sunderland  
9 March CAU X-C Championships

In order to participate in the North Staffordshire and Manchester Area X-C League events, clubs need to affiliate to the individual leagues.

### **TRACK and FIELD FIXTURES**

**2012**

- 3-12 August Olympic Games (athletics), London  
4-5 August EA / NA U17 & U15 / CE, location tbc  
5 August Northern League Match 4  
7 August Trafford – NA SenW/U20W Steeplechase Champs.  
18-19 August EA U17 & U15 championships, Bedford  
25-26 August CAU Senior championships, Bedford  
2 September Cheshire League Round 4  
2 September CAU Race walking Championships  
8 September N League Division 2 Promotion Match  
9 September Cheshire Junior CE Championships, Macclesfield – **please note that the Championships now include U17s.**  
17 November Northern Athletics Open Meeting  
8 December Northern Athletics Open Meeting  
12 January Northern Athletics Championships (all ages)

Entry forms for the CCAA Pentathlon and Triathlon Championships and Open Meeting, to be held at Macclesfield on 9 September, are available on the County website. Please note that entries must be received by 25 August.

**T McCormick** of Vale Royal AC was second in the U20 3K Championships held at Trafford on 10 July.

#### NA U15/U17/U20 Championships held at Hull 14-15 July

U17 Men: E Bowker, V Royal 1<sup>st</sup> 3000m; A Tomlinson, V Royal 2<sup>nd</sup> H Jump; F Ashman, C&N 2<sup>nd</sup> Discus, 3<sup>rd</sup> Shot Putt; U15 boys: L Greenwood, V Royal, 2<sup>nd</sup> Javelin; U17 Women: J Eyre, Warrington 2<sup>nd</sup> 300m; G Pickles, C&N, 1<sup>st</sup> Pole Vault; G Valentine, C&N 3<sup>rd</sup> H Jump; O Montez-Brown, W Cheshire, 2<sup>nd</sup> 80m hurdles, 1<sup>st</sup> L Jump; A Addis, C&N 3<sup>rd</sup> T Jump.

#### Cheshire Relay Championships (Finals)

All results including places and heat times are available on the website.  
U11 Girls 4x100m: 1<sup>st</sup> Crewe and Nantwich A / Auxiliary Final Crewe and Nantwich B / U11 Boys 4x100m: 1<sup>st</sup> Crewe and Nantwich A / Auxiliary Final Crewe and Nantwich B / U13 Girls 4x100m: 1<sup>st</sup> Sale (guests) / U13 Boys 4 x 100m: 1<sup>st</sup> Crewe and Nantwich A / U15 Girls 4 x 100m: 1<sup>st</sup> Sale (guests) / U15 Boys 4x100m: 1<sup>st</sup> West Cheshire (CBP) / U17 Ladies 4x100m: 1<sup>st</sup> Crewe and Nantwich / U17 Men 4x100m: 1<sup>st</sup> Crewe and Nantwich A / Senior Ladies 4x 100m: 1<sup>st</sup> West Cheshire / Senior Men 4x100m: 1<sup>st</sup> Crewe and Nantwich / U17 Ladies 3x800m: 1<sup>st</sup> Vale Royal A / Senior Ladies 3x800m: 1<sup>st</sup> Vale Royal C / U17 Men 3x800m: Vale Royal A / Senior Men 3x800m: 1<sup>st</sup> Vale Royal A / U11 Girls 3x600m: 1<sup>st</sup> Manchester (guests) / U11 Boys 3x600m: 1<sup>st</sup> West Cheshire A / U13 Girls 3x800m: 1<sup>st</sup> Manchester A (guests) / U13 Boys 3x800m: 1<sup>st</sup> Warrington A (CBP) / U15 girls 3x800m: 1<sup>st</sup> Warrington A / U15 Girls Medley Relay: 1<sup>st</sup> Warrington / U15 Boys Medley Relay: 1<sup>st</sup> Crewe and Nantwich (CBP) / U17 Ladies Medley Relay: 1<sup>st</sup> Warrington / U17 Men Medley Relay: 1<sup>st</sup> Crewe and Nantwich (CBP) / Senior Ladies Medley Relay: 1<sup>st</sup> West Cheshire / Senior Men Medley Relay: 1<sup>st</sup> Crewe and Nantwich.

### **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](mailto:cathmcgrath@btinternet.com)

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

**Marian Allen** is the person to contact for information and help about UKA Standards. She can be reached on [panmaallen@googlemail.com](mailto:panmaallen@googlemail.com).

### **EA Awards 2012**

Note: Closing date for nominations for north-west award winners is 22 August. For more information – including award categories and criteria - please check [www.englandathletics.org/awards-2012](http://www.englandathletics.org/awards-2012).

## The Cheshire and Merseyside Athletics Network

If you wish your club to be involved please contact Co-ordinator, Vicky Huyton ([Vicky.huyton@cwspartnership.org](mailto: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](mailto:andy.garnett@amec.com) or phone him on 01925 675420 during working hours. Check out possible free places on Officials' courses – via the Network. The Network is going into its' third and final year, and it would be useful if the County Association could work more closely with the Network during that time to determine how the Network's achievements could be continued in the future.

Sport Cheshire Rising Star Fund - aims to support up and coming talented athletes from Cheshire and Warrington, who are, or soon could be representing one of the Home Countries. Grants of up to £500 are available subject to criteria and agreement. For further details please contact Dora Smith 01606 814441 or on [dora.smith@sportcheshire.org](mailto:dora.smith@sportcheshire.org).

### CHESHIRE NETWORK EVENTS

Talented Coaches Breakfast Clubs – cost per coach is £10 which covers the cost of the venue and refreshments. This is for coaches qualified at Level 3 and above. The aim is to develop a community of practice for coaches by the delivery of specific topics, followed by a facilitated discussion which will be led by a number of high-quality experts. Interested? Contact Sport Cheshire for further information, dates and how to book please phone 01606 330212.

On 23 August Clubs are invited to host a 'Community Athletics Day' which celebrates the hard work that Clubs, Coaches and Volunteers put into the sport. This is more of a fun day than the 'Come and Try Day' and could take the format of a Family Fun Day with a barbeque and games.

Details of the 'three-year plan' for both Merseyside and Cheshire can be found in the Cheshire Network July newsletter. The plan deals with both Road Running and with Track and Field. Included are details on Club Development, Coach and Official Mentoring and Development, Funding, Disability Athletics, focus on event group development within the clubs making up the network. Also included are plans for Young Athlete development, and plans to focus on the sustainability of the network from year 4 and beyond.

**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](http://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.

### Emergency Aid Safeguarding and Protecting Children

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

### UK coaching courses (local to Cheshire)

For full details go to [http://coaching.uka.org.uk/qualifications/leaders\\_awards/](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				
9.9.12	Eastlands	£110	NC0306	Closing date 27 August
6.10.12	Macclesfield	£110	NC0379	Closing date 24 Sept.
17.11.12		£110	NC0380	
LEADER AWARD				
8.9.12	Eastlands	£130	NC0307	EA subsidised cost: £95
20.10.12	Eastlands	£130	NC0389	EA subsidised cost: £95
15.12.12	Eastlands	£130	NC0378	EA subsidised cost: £95
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course				
6-7.10.12	Trafford	£365		EA subsidised cost £325
17.11.12	DAY 3			

16.3.12	Assessment			
COACHING ASSISTANT				
3-4.11.12	Eastlands	£190	NC0376	EA subsidised cost: £145
9-10.3.13	Eastlands	£190	NC0381	EA subsidised cost: £145
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.				
17.11.12	Eastlands	Assessment day for NC0304		
3-4.11.12	Eastlands		NC0379	EA subsidised cost £325
15.12.12		Day 3		
16.3.13		Assessment		
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award				
8-9.9.12	Eastlands		NC0341	
20.10.12	Day 3			
16.3.12	Assessment			

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](mailto:dberesford@englandathletics.org). Address: Eastlands, Gate 13, Rowsley Street, Manchester M11 3FF. 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. Return application forms and cheques 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](http://www.englandathletics.org).

CRB application forms are available from Jane UK Welfare Co-ordinator. T: 0161 223 4246 or email at [jfylan@uka.org](mailto:jfylan@uka.org).

### Officials' Courses - 2012

Check out the England AA website.

TRACK AND FIELD LEVEL 2	£15
ENDURANCE LEVEL 2	£20

The Cheshire Officials' Secretary is Alan Morris. He can be contacted at [cheshireofficials@gmx.com](mailto:cheshireofficials@gmx.com).

### Cheshire Area Events

#### Regional Events

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

### 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)