

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

January 2012

The CHESHIRE COUNTY AA AGM is to be held on Wednesday 15 February at the Frodsham Community Centre, Fluin Lane, commencing at 7:30pm.

More details at the end of this Newsletter

### FIXTURES - Road and MT

22 January	Essar 4-Villages half marathon, Helsby
26 February	High Legh 10K
<b>25 March</b>	<b>Wilmslow half marathon – CCRR Grand Prix 1</b>
31 March	Northern 12 and 6 stage road relay championships, Sefton Park, Liverpool
<b>4 April</b>	<b>Chester Spring 5 mile – CCRR Grand Prix 2</b>
14 April	ERRA National Mens' 12 stage and Womens' 6 stage road relays, Sutton Park, Birmingham
<b>15 April</b>	<b>Whitley 10K – CCRR Grand Prix 3</b>
15 April	Lymm.com 10K (MT) and fun run, Lymm High School
13 May	Chester half-marathon
18 May	Christleton 5K (new organisers – Chester Tri club)
<b>2 June</b>	<b>Hollins Green 5K – CCRR Grand Prix 4 (Spectrum S)</b>
23 June	Lymm 5K (Spectrum Striders)
4 July	Forest Park 5K (Spectrum Striders)
21 July	Burtonwood 5 mile
<b>29 July</b>	<b>Great Warford 10 mile – CCRR Grand Prix 5</b>
<b>19 August</b>	<b>Birchwood 10K – CCRR Grand Prix 6 (Spectrum S)</b>
22 Sept?	Northern Athletics senior 6 and 4 stage and YA road relays, Leigh Sports Village
<b>30 Sept</b>	<b>Macclesfield half marathon – CCRR Grand Prix 7</b>
7 October	MBNA Chester Marathon
3 November	Langley 7 (2.00pm) (Macclesfield H)

### Northern 10K RR Championships

Congratulations to **Altrincham** who were first male team with M Barnes, A Norman and D Norman.

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

### FELL RUNNING

4 March	Cloud 9 Hill Race, 11.00am, pre-entry only
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### CROSS COUNTRY

14 January	Cheshire Schools' X-C championships, Whitby HS, E Port
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

Results from Cheshire County X-C Championships at Knight's Grange, Winsford on 8 January - Note: complete results can be found on the website)

Many thanks to Vale Royal AC for hosting these championships and providing an excellently marshalled event in rather windy and muddy conditions – but that is cross-country!

Senior/Vet. Men – M Barnes, Altrincham/D Cliffe, Liverpool/G Tomlinson; Trafford/ First Team – Vale Royal: S Doyle, T Carter, C Perry, A Clews, P Monks, T Armstrong.

Senior/Vet Women – O Bush, Altrincham/H Timmins, Warrington/K Brough, Warrington/ First Team - Warrington: H Timmins, K Brough, K Titlow.

U20 Men = T Jervis, Warrington/L Renton, Warrington/T Haynes, South Cheshire Harriers/ Firsts Team: S Cheshire Harriers: T Haynes, H Valentine, A Soley.

U20 Women – M Huxley, K Stringer, L Whittick – Vale Royal (also first team)  
U17 Men – M Hulse, Warrington/Z Bamber, V Royal/M Vennard, Vale Royal/ First Team – Vale Royal: Z Bamber, M Vennard, L Cockerton.

U17 Women – A Pettit, Vale Royal/T McCormick, Vale Royal/ D Wallis/ Macclesfield / First Team – Vale Royal: A Pettit, T McCormick, E Pyatt.

U15 Boys – E Bowker, Vale Royal/D Evans, Warrington/M Sheen, Vale Royal/ First Team – Vale Royal: E Bowker, M Sheen, S Whitehead.

U15 Women – J Parsons, Vale Royal, K Gerrard, Vale Royal, H Knowles-Jones, Warrington/ First Team – Vale Royal: J Parsons, J Gerrard, A Hinchly.

U13 Boys – W Parsons, Vale Royal/J Evans, Warrington/W Nowell, Vale Royal/ First Team – Vale Royal: W Parsons, W Nowell, J Hinchly.

U13 Girls – G Aston-Massey, Halton & Frodsham/S McGrail, Warrington/Z Thompson, Manchester H/ First Team – Warrington: S McGrail, M Bowyer, L Goddard.

U11 Boys – S Evans, Warrington/C Bentley, Newcastle/J Jones, Warrington/ First Team – Warrington: S Evans, J Jones, R McDonald.

U11 Girls – E Kenny, Manchester H/ C Dimmock, Vale Royal/G Denham, U/A First Team – Manchester Harriers: E Kenny, A Stiles, M Thompson

**NOTE:** Northern road and cross country teams for 2012 – any athletes and coaches who would be interested in taking part in events as a member of a NA team are asked to contact team managers. NA are also keen to recruit female team managers. Interested athletes/coaches should check the NA website.

### TRACK and FIELD

#### FIXTURES

#### **2012**

7-8 January	NA Senior & U20 Indoor CE championships, location tbc
14-15 Jan	NA Indoor championships (all ages), Sheffield
5 February	NA Masters Indoor Open, Sheffield
3-4 March	EA / NA U17 & U15 Indoor championships, Sheffield
10-11 March	EA / NA U17 & U15 Indoor CE championships, location tbc
5 May	Northern League Match 1
6 May	YAL Match 1
12-13 May	Cheshire and Greater Manchester T&F Championships, Warrington
20 May	YAL Round 2
26-27 May	EA / NA Senior & U20 CE championships, Bedford
2-4 June	EA / NA Senior T&F championships, location tbc
16 June	County championships – Schools
16-17 June	Aviva World Trials, U20 & U23 championships, Bedford
17 June	YAL Match 3
22-24 June	Olympic Trials and UK championships, location tbc
30 June	Northern Athletics Inter-County at Wigan or Leigh
1 July	Northern League Match 3
6-7 July	English Schools' championships, Gateshead
14-15 July	NA U20/U17/U15 T&F championships, Costello Stadium, Hull
3-12 August	Olympic Games (athletics), London
4-5 August	EA / NA U17 & U15 /CE, location tbc
5 August	Northern League Match 4
18-19 August	EA U17 & U15 championships, Bedford
25-26 August	CAU Senior championships, Bedford

**Congratulations to Alex Wort** from Warrington AC, who won the U20 National Heptathlon title this weekend. He had a fantastic start with 4 pbs out of 4 on the first day (7.51 60m, 6.45 long jump, 11.79 shot and 4.04 pole vault). This was followed on Sunday by a winning start in the hurdles, a disappointing high jump (due to his run up markers being moved by another competitor), followed by a 6 second pb in the 1000m. Alex finished with 4646 points, a pb score by over 600pts.

This championship winning performance means that he will now be selected to represent GB in a combined events match against Spain and France, in March.

### SPORTSHALL ATHLETICS

2011-2012

22 Jan	Fun in Athletics U11 Finals, Eastlands (by selection)
25 Feb	Regional Finals, Wigan (by selection) League Finals U11s am / U13s & U15s pm

### 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)

**Athletics for the Young Charity 2012** - application forms are available to download from the County website. Please note the terms and conditions (for example forms must be handwritten). **Entries close 11 February.**

**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).

### 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 Cheshire Area Network **Year 2 plan** is on the County website. The plan makes for interesting reading (download or read on-line) – perhaps more clubs may become interested in joining-in. Please also check out the October/November newsletter, which details the winners of the NW EA Annual Awards. Local winners included Arwell Williams, Chris Roose (both Liverpool Harriers), and Spectrum Striders.

### CHESHIRE NETWORK EVENTS

To mark 100 days to go to the Games, Clubs are being invited to hold a "Try Athletics Day" at their Club. This can be done in conjunction with the Network and can be in any format the Club wishes.

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.

NW Athletics Network Conference 2012 – "Journey to Success" – 25 March at Eastlands 10.00am to 4.00pm : information on how to book will follow shortly.

**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.

Course Title	Venue and Date	Cost
Safeguarding and Protecting Children	Nantwich Cricket Club 25.1.12 / 6.30-9.30pm	£30
Safeguarding and Protecting Children - 2	Winsford Lifestyle Centre 31.1.12 / 6.30-9.30pm	£30
Safeguarding and Protecting Children	Winsford Lifestyle Centre 23.2.12 / 6.30-9.30pm	£30
Safeguarding and Protecting Children	The Business School, Warrington 6.3.12 / 6.30-9.30pm	£30
Safeguarding and Protecting Children	UOC, Padgate Campus 13.3.12 / 6.30-9.30pm	£30
Emergency First Aid	Halliwel Jones Stadium 8.2.12 / 6.00-9.00pm	£30
Emergency First Aid	Wilmslow High School 26.3.12 / 6.30-9.30pm	£30
Working with Children (Educational Difficulties)	West Cheshire College, E Port 5.1.12 / 8.30am – 2.30pm	£40

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)

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/](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

3.3.12 Eastlands NW NC0272 £90

### LEADER AWARD

3.3.12 Eastlands NW NC0273 £90

### COACHING ASSISTANT

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.

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)

### CHILDREN'S COACH AWARD

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](mailto: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](http://www.englandathletics.org).

**LOCAL COACH DEVELOPMENT WORKSHOP** – Knutsford Leisure Centre – 29 January 2012 – 10.00am to 1.00pm. Free Local Coach Development T-shirt for all coaches attending!

### FREE to all coaches as part of the Local Coach Development Programme

For more information or to book your place please contact Sarah Friday, CCSO for Cheshire & Greater Manchester on [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) or 07912 070640

**\*\*\*Places must be booked by Wednesday 18th January\*\*\***

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](mailto: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](mailto:officials-north@englandathletics.org). Telephone 07920 532552.

TRACK AND FIELD LEVEL 2				£15
25.3.12	C	Macclesfield	Generic Module 10.00am NO0121FD Field NO0121TR Track NO0121TK Timekeeping	
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 &amp; 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 &amp; Risk assessment modules at this course at</i>	

a discounted price of £30

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

<b>Cheshire Area Events</b>		
30.1.12	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
<b>Regional Events</b>		
22.1.12	Endurance - Grimsnargh Village Hall Coaching female athletes	10.00am-1.00pm

**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.

**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](http://www.redcross.org.uk/eventfirstaid).

The **Cheshire County AA AGM** and is due to be held at Frodsham Community Centre on 15 February, starting at 7.30pm. Nominations for Officers of the Association and any other items of business should be notified to the Secretary either in writing or by email at least 28 days prior to the meeting, ie by 18 January 2012.

[honsecretary@cheshireaa.com](mailto:honsecretary@cheshireaa.com)

**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)