

CHESHIRE COUNTY ATHLETIC ASSOCIATION
NEWSLETTER
May 2012

IMPORTANT – new Sport Cheshire Office from 26.3.12

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

The next **Cheshire County AA committee meeting** will be held at this venue on Monday, 21st May commencing at 6pm

Apologies for the late newsletter – mea culpa – I forgot the date!

FIXTURES - Road and MT

- 13 May 'Cheshire Oaks' Chester half-marathon (RACE FULL)
18 May Christleton 5K (new organisers – Chester Tri club)
2 June Hollins Green 5K – CCRR Grand Prix 4 (Spectrum S)
22 June Tattenhall Tough Team Race
23 June Lymm 5K (Spectrum Striders)
4 July Forest Park 5K – Ladies only (Spectrum Striders)
21 July Burtonwood 5 mile
29 July Great Warford 10 mile – CCRR Grand Prix 5
1 August Pie & Peas 5 mile MT, Moulton (Vale Royal AC)
19 August Birchwood 10K – CCRR Grand Prix 6 (Spectrum S)
22 August Capenhurst 5K
9 Sept English half marathon, Warrington
15 Sept NW Counties Road Relays (includes **Cheshire Championship**)
Marbury Park
22 Sept Northern Athletics senior 6 and 4 stage and YA road relays,
Leigh Sports Village
30 Sept Macclesfield half marathon – CCRR Grand Prix 7
7 October MBNA Chester Marathon including **Cheshire RR Champs.**
3 November Langley 7 (2.00pm) (Macclesfield H)

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

The second Cheshire RR GP event of 2012 was held in conjunction with the Chester Spring 5 mile held at Upton, Chester, on 4 April.

Grand Prix results: Mens winner was Liam Renton of Warrington AC, followed by Christian Prior, Chester Tri and Stuart Doyle, Vale Royal. Womens winner was Tessa McCormick of Vale Royal, with Katy Green, Wilmslow and Marilyn Kitching, Tattenhall in second and third. South Cheshire Harriers were first mens team, followed by Chester Tri and West Cheshire. Wilmslow were victorious in the ladies race followed by Chester Tri and Vale Royal.

The third race in the series took place on 15 April at the Whitley 10K event. The mens team race was won by Wilmslow with South Cheshire Harriers and Vale Royal second and third. The individual winner was Stuart Doyle, Vale Royal with Rob Tudor of West Cheshire and Rob Downs of Wilmslow following him in. The ladies event was won by Amelia Pettitt, Vale Royal and Katy Green of Wilmslow and Sharon Johnstone of Vale Royal in second and third places. The team honours went to Wilmslow, Vale Royal and Spectrum Striders.

Handicap winners at the first three GP events have been Carolyn Hume (Chester Tri) and Robert Boon (Boalloy) at Wilmslow; Sarah Dyde (South Cheshire) and Tony Fillingham (Spectrum) at Chester and Susan Pool (South Cheshire) and Dave Madders at Whitley. The leader in the handicap points competition (which combines men and women) after three rounds is Nina Birch of Wilmslow.

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.

England Athletics, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham. B42 2BE Tel: 0121 347 6543

London and Manchester Marathons (April 22 and 29th respectively)

115 Cheshire club runners competed in the London Marathon which is a significant increase on last year and the best for several years. A week later in atrocious weather a further 70 Cheshire club members

competed in the Manchester event, the first in that city for 10 years. One athlete appears to have run both events! It is pleasing to see an increase in Cheshire club runners taking part in the marathon and we hope this number will increase significantly with the Chester event on October 7th which will be the County Road Running championship.

FELL RUNNING

19 May CAU Championships, Shining Tor, Buxton

FIXTURES - CROSS COUNTRY

2012

- 29 Sept North Staffordshire League, venue tbc
20 October Heaton Park, north Manchester, M and D League
27 October North Staffs League, venue tbc
10 November Sherdley Park, St Helens, M and D League
17 November North Staffs League, venue tbc
1 December Wythenshawe Park, south Manchester, M and D League
15 December North Staffs League, venue tbc

2013

- 13 January Boggart Hole Clough, north Manchester, M and D League
10 February Woodbank Park, Stockport, M and D League

In order to participate in the North Staffordshire and Manchester and District League events, clubs need to affiliate to the individual leagues.

TRACK and FIELD FIXTURES

2012

- 5 May Northern League Match 1
6 May YAL Match 1
12-13 May Cheshire and Greater Manchester T&F Championships, Warrington - **entry forms were sent out at the beginning of April**
20 May YAL Match 2
26-27 May EA / NA Senior & U20 CE championships, Bedford
2-4 June EA / NA Senior T&F championships, location tbc
7 June Tom Pink Young Athletes event, Eastlands
9 June Cheshire League Round 2
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, Birmingham
30 June **Northern Athletics Inter-County at Wigan – Cheshire will be participating**
1 July Northern League Match 3
6-7 July English Schools' championships, Gateshead
8 July Cheshire League Round 3
10 July NA 3K Championships, Trafford
14-15 July NA U20/U17/U15 T&F championships, Costello Stadium, Hull
21 July Cheshire Relay Championships, Crewe
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
2 September Cheshire League Round 4
9 September Cheshire Junior CE Championships, Macclesfield

Congratulations to Alex Wort (Warrington AC/Sale Harriers) who made his GB debut in the Indoor Combined Events International against France and Spain at Cardiff on 24 and 25 March. Alex finished 2nd GB and 8th overall, producing a personal best total of 4760 points. On day one he produced a new 60m pb and an indoor best in the high jump. Moving on to the second day he produced three more personal best performances in the 60m hurdles, pole vault and 1000m. Well done!

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.

Marian Allen is the person to contact for information and help about UKA Standards. She can be reached on 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@cwssportspartnership.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

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.

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	The Business School, Warrington 6.3.12 / 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)

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		
28 July	Eastlands	
9 September	Eastlands	
6 October	Macclesfield	
LEADER AWARD		
10 June	Eastlands	
8 September	Eastlands	
COACHING ASSISTANT		
19-20 May	Kirkby Sports College	
LEADERSHIP IN RUNNING FITNESS		
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.		
16-17 June	Eastlands	Days 1 and 2 of 3
28 July	Eastlands	Day 3 of 3
CHILDREN'S COACH AWARD		

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. 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.

Dave Copsey of Vale Royal AC has taken over as Cheshire County AA Coaching Co-ordinator. CRB application forms are available from Jane 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
ENDURANCE LEVEL 2	£20

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

Cheshire Area Events

Regional Events

Sarah Friday (sfriday@englandathletics.org) and Claire Buckle 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.

INFORMATION for the NEWSLETTER :

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy):

jamesandellenmolloy@btopenworld.com