

**CHESHIRE COUNTY ATHLETIC ASSOCIATION**  
**NEWSLETTER**  
**September 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 AA committee meeting will be held on September 10<sup>th</sup> at the Sport Cheshire offices starting at 6pm preceeding the Network meeting.**

The Prospectus for the NW Road Relays is available on the County website. Closing date for entries is 10<sup>th</sup> September. 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 on [jld@sunnyfield.co.uk](mailto:jld@sunnyfield.co.uk) or Shaun on [shaun18@btinternet.com](mailto:shaun18@btinternet.com)

**FIXTURES - Road and MT**

- 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. Entries close 6 September.
- 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**)
- 2013**
- 23 March NA 12 and 6 stage Road Relay Championships
- 6 April ERRA National Men's 12 stage and Women's 6 stage RR

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

**Cheshire Grand Prix Race 5 – 29 July – Great Warford 10K**

Mens' Results: 1<sup>st</sup> Stuart Doyle, Vale Royal; 2<sup>nd</sup> Rob Tudor, West Cheshire; 3<sup>rd</sup> Matt Smith, South Cheshire Harriers. Team placings: 1<sup>st</sup> South Cheshire 2<sup>nd</sup> Wilmslow, 3<sup>rd</sup> Macclesfield.

Womens' Results: 1<sup>st</sup> Sharon Johnstone, Wilmslow RC; 2<sup>nd</sup> Alison Draper, Spectrum Striders; 3<sup>rd</sup> Katy Green, Wilmslow.

Team placings: 1<sup>st</sup> Wilmslow, 2<sup>nd</sup> Vale Royal, 3<sup>rd</sup> South Cheshire.

**Cheshire Grand Prix Race 6 – 19 August – Birchwood 10K**

Men's Results: Andrew Green, Warrington; James Noakes, Macclesfield; Henry Valentine, South Cheshire.

Mens' Individual standings: Stuart Doyle, Vale Royal; Robert Tudor, West Cheshire; Matthew Smith, South Cheshire.

Team placings: South Cheshire, Wilmslow, Macclesfield.

Womens' Results: Katy Brough, Warrington; Kelly Crickmore, City of Chester Tri Club; Helen Smith, Vale Royal.

Womens' individual standings: Katy Green, Wilmslow; Helen Smith, Vale Royal; Janine Ellis, Wilmslow.

Team placings: Wilmslow, Vale Royal, South Cheshire.

Mens' Handicap Scheme: Chris Harbon, Macclesfield; Mervyn Ward, Warrington; Nick Bishop, Wilmslow.

Womens' Handicap Scheme: Nina Birch, Wilmslow; Caroline Hiron, Wilmslow; Cheryl Percival, South Cheshire.

Combined Handicap Scheme: Chris Harbon, Nina Birch, Mervyn Ward.

NA Road Running Championships, Wythenshawe Park, 16 August

Altrincham won the mens' team prize with Mohammed AbuRezeq in first place, followed by clubmate Matt Barnes in second. Dave Norman completed the line-up in sixth place.

First team in the ladies, race was Stockport with Jenny Nass in third, Kerri Doyle in ninth and Jayne Lawton thirteenth.

**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**

- 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
- 12-13 Jan. Northern Athletics Championships (all ages)

**NA U20 and Senior Women S/chase Championships 7 August, Trafford**

Congratulations to Danielle Wallis, Macclesfield who was 2<sup>nd</sup> U20 lady home.

**England Athletics U17/U15 Championships, Bedford 18-19 August**

Congratulations to: Matthew Pagan of West Cheshire who was first in the U15 boys' 300m, in the fastest time in the UK this year; Emily Ball from West Cheshire who was third in the U15 girls' shot putt; Amy Williams, Sale Harriers, who was first in the U15 girls long jump.

**CAU inter-counties T&F Championships, Bedford** - a very small team

represented Cheshire over the Bank Holiday weekend, but nonetheless each athlete returned home with a medal. Lucy Evans returned with a silver from the 200m race; Emily Brown also won silver in the steeplechase – the fourth time she has won in these championships. Michelle Robbins won bronze in the triple jump, as did Tim Egerton who also returned with bronze from the 1500m.

**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).

#### “Pass the Baton”

The English Federation of Disabled Sport (EFDS) have announced a promotional campaign which began on 20 August. The aim is to encourage everyone to encourage participation at all levels. More information can be obtained from their website: [www.efds.co.uk/support-us/pass the baton](http://www.efds.co.uk/support-us/pass-the-baton)

#### The Cheshire and Merseyside Athletics Network

If you wish your club to be involved please contact Co-ordinator, Vicky Huyton ([Vicky.huyton@cwsportspartnership.org](mailto:Vicky.huyton@cwsportspartnership.org)) 07738402931. 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. 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. The latest newsletter is now available on the CN website.

The next Network meeting is on 10 September at the Sport Cheshire Office, following the Cheshire AA meeting. There will be a presentation of the 3-year plan, which aims to build on the achievements so far.

#### Local Coach Development Programme (LCDP) and Cheshire Network events Winter 2012/2013

Please note that full details are available

The LCDP launch and coaching conference is scheduled for 29 September at Leeds Metropolitan University 10.00am-4.00pm. Following on London 2012, the theme will be “Where next for coaching?” For further information or to book a conference place contact: [www.englandathletics.org/north-coach-conference](http://www.englandathletics.org/north-coach-conference) Several workshops and events have been arranged to take place over the winter. Hopefully the coach development workshops will meet the needs of the coaches – from feedback received previously from clubs and coaches. Several sessions have been arranged in Cheshire. Places may be limited so please contact the person listed against the workshop.

For more information on how to book on these workshops please contact Vicky Huyton, Cheshire Athletics Network Co-ordinator: 07738 402931 or [vicky.huyton@sportcheshire.org](mailto:vicky.huyton@sportcheshire.org).

#### Cheshire Network Events

Cheshire Network/Vale Royal are hosting another of their **Paarlauf** events at Knights Grange (CW7 2PT) on 19 September, with racing from 7-9pm. Book early for this popular event – the closing date is **12 September**. Contact Shaun McGrath for more information, or check the Cheshire Network site.

**Get Cheshire Running** – Cheshire Network, Sport Cheshire and CCAA want to build a legacy following the Games and get more people running in Cheshire. There are various prizes on offer. The closing date is 8 October with the winning club being notified by 9 October. Check out the Cheshire Network for full details.

**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 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.

Unfortunately I have no course details at present.

Sport Cheshire are proud to announce their first ‘Sport together month’ which will take place throughout October. For details of a varied programme of workshops and other events, go onto the website via [www.coachingcw.org](http://www.coachingcw.org) or contact Adam Norris on [adamnorris@sportcheshire.org](mailto:adamnorris@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).

**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)