

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

July 2013

IMPORTANT: Cheshire County AA are offering **free entry** to the **Northern U15 & U17 Champs at Wavertree on 17/18 August** for their **2013 county champions**. The county will refund the relevant entry fee after the event, on condition that the athlete has competed in the fixture at Wavertree. An entry form can be found here: <http://www.race-results.co.uk/onlineentries/uploads/info1318.pdf>. This also applies to any U20 county champions who competed at Sport City on 22 and 23 June. Senior champions were already offered free entry by Northern Athletics.

The Cheshire Track Relay Championships go ahead on 31 August at Macclesfield. The prospectus and entry form are available on the County web site – please note closing date.

The JOHN YOUNG MEMORIAL AWARD 2013

This annual award made by Cheshire County AA for outstanding service to athletics in the county was presented to Bill and Linda Smith at the County T&F championships at Trafford in May.

Bill has been Treasurer of the County Association for a significant number of years but behind the scenes Linda does all of the book keeping to ensure we have accurate accounts. In addition since we have had joint Track & Field championships with Greater Manchester Bill has acted as the Championship secretary. Both Bill and Linda are qualified Field Judges and Bill has acted as Field Referee at many events. In addition both contribute to their local club, Halton & Frodsham with Bill acting as Club secretary for many years.

It was quite appropriate that the award was presented to them at Trafford stadium which although not in Cheshire, was the home for both of their sons involvement in athletics with significant success as pole vaulters.

FIXTURES - Road and MT

2013

- 20 July Burtonwood 5 mile – **Cheshire GP Race 3**
26 July South Cheshire 5K Series – Race 2
7 August Pie and Peas 5 mile – **Cheshire GP Race 4**
11 August Great Warford 10 mile – inc. **Cheshire RR Championship – and Cheshire GP Race 5**
18 August Birchwood 10K
21 August Capenhurst 5K
30 August South Cheshire 5K Series – Race 3
8 Sept. English Half-marathon, Warrington
15 Sept. North West Road Relays, Lancaster (**Cheshire Champs**) – *this is a date change which produces several clashes for Cheshire club members*
15 Sept. Sutton Six 10K – **Cheshire GP Race 6**
15 Sept. South Cheshire 20 mile
15 Sept. Gawsworth 10K MT
21 Sept Northern Athletics Womens' 4-stage, Mens' 6-stage, and Young Athletes Road Relay Championships, Blackpool
29 Sept. Macclesfield Half-Marathon and 5K
6 October MBNA Chester Marathon
6 October Congleton Half-Marathon – **Cheshire GP Race 7**
2 November Langley 7
8 December Tatton Yule Yomp 10K

2014

- 15 March NA 12 and 6-stage road relays – Manchester, venue tbc

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

FELL RUNNING

- 3 August Teggs Nose Fell Race, nr Macclesfield

Olivia Walwyn-Bush (Altrincham) was placed second in trial at Keswick for GB European Mountain Running Championships and has been selected as part of team of four. The event takes place in Bulgaria on 6 July.

FIXTURES - CROSS COUNTRY

2013

- 5 October NA X-C Relays - Graves Park, Sheffield

- 2 November ECCA National Relays – Mansfield
2014
25 January NA X-C Championships. Knowsley
22 February ECCA National Championships - Wollaton Park, Nottingham

TRACK and FIELD FIXTURES

2013

- 5-6 July English Schools
7 July Northern League Round 3
13 July YDL (lower) Round 4
14 July Cheshire League Round 3
16 July NA U20 3000m Championships, Trafford
20 July **NA Junior Inter-Counties**, Costello Stadium, Hull – for Under 15 and Under 17 age groups. Debbie Baker (West Cheshire AC) is the team manager and is contact with athletes who have been selected.
20 July CAU Walks Championships, Hillingdon
28 July YDL (upper) Round 4
3 August Northern League Round 4
3-4 August NA U17 and U15 CE Championships, Stoke
17-18 August NA U17 and U15 T&F Championships, location tbc
24-25 August CAU Inter-Counties Championships, Bedford
31 August **Cheshire County Relay Championships**
8 September Cheshire League Round 4
14 Sept. Northern League Promotion Match, Doncaster
15 Sept. Cheshire Junior CE Championships, plus Open CE event

Olivia Montez-Brown of West Cheshire AC received an England call-up when she was selected to represent English Schools' AA at the World Schools' Championship Jan Humbert Memorial from 22-27 June. The event took place at Sokolov in the Czech Republic. The boys' team finished second by just five points behind China, but the girls' team went one better beating Slovakia by a huge margin with a new record points total.

Kelly Baker, also West Cheshire AC has been awarded an English vest and will be part of the England U20 team at the Welsh International Meeting on 31 July at Cardiff. Kelly's success in the U20 women's shot putt event at the recent regional championships held at Eastlands ensured her selection.

Stevie Stockton (Vale Royal) was part of the GB Women's team in the European 10,000m Cup on the track at Pravets, Bulgaria. All 3 British ladies finished within 3 seconds of each other to give GB second place on cumulative time less than 7 seconds behind Spain.. Stevie's time was 34:03.88

Katie Brough (Warrington AC, now Vale Royal) recorded 15:52.03 in an international track 5,000 metres race in Spain which is the fastest ever time for the distance on any surface by a Cheshire female athlete.

NA Senior/U20 Championships – results for Cheshire athletes

- Tess McCormick – Vale Royal – U20W 1500m – 1st
Kelly Baker – West Cheshire – U20W Shot – 1st
Hayley Jones – Wigan – SW100m – 1st
James Webster – Warrington – U20M 400m hurdles – 1st
Lisa James – Sale – U20W Triple Jump – 1st
David McKay – West Cheshire – SM Javelin – 1st

SPORTSHALL ATHLETICS

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

The Network has been a sub-committee of Cheshire County AA since 31st March to enable it to continue into the future. Contact Andy Garnett by email on andy.garnett@amec.com or phone him on 01925 675420 during working hours.

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.

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.

Womens' Coaching Conference 2013 – change of date – now to be held on Saturday 13 October at Birmingham Hilton Metropole NEC. Price £30 to include Hall of Fame ticket. Further details to follow – check British Athletics website.

The next meeting of the **North West Regional Council** will take place on 24 July at Longford Park, Stretford at 7.00pm. As you will be aware, England Athletics has recently conducted a series of consultation forums across the country. Dean Hardman has been tasked with collating all the comments to produce a report which highlights the issues and suggests possible ways forward.

The UK CAU AGM is being held at the Bedford International Stadium, Barkers Lane, Bedford on 24 August, commencing at 5.45pm.

That report is currently in draft format. It has been discussed at National Council level and by the EA Board. Finally it will then go the Affiliation Working Group on 1st July before being distributed to all by the 15th July. Therefore our meeting will give us the final opportunity to comment on the conclusions of the report including any recommendations it may make.

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.

NOTE: The Northern area Coaching Conference will be held on 28 September at Leeds Metropolitan University – details to follow shortly.

Nominations for the NW Regional Awards are now open – for more information, follow this link - www.englandathletics.org/Awards-2013

Gillette is working in partnership with Sports Coach UK to provide grants to both aspiring and amateur coaches to further their qualifications. Applications are now open via the brand's Facebook page www.facebook.com/GilletteUK and then click on Gillette Great Start Programme for more information

29.6.13	NC0438	Day 3	Eastlands
12.10.13	NC0438	Assessment day	Eastlands

JAVELIN COACH DEVELOPMENT WORKSHOP

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.

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

Officials' Courses - 2013

See the England AA website for details..

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

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

LEADERSHIP IN RUNNING FITNESS - £110.00			
20.7.13			Eastlands
ATHLETIC LEADER AWARD			
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £325.00			
1.9.13	NC0415	Assessment day	Bolton
COACHING ASSISTANT - £145.00			
21+22.9.13			Bolton
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. <u>Cost includes all modules and assessment.</u> £325.00			
12.10.13	NC0410	Assessment day	Eastlands
15-16.6.13	NC0440	Days 1 and 2	Eastlands
4.8.13	NC0440	Day 3	Eastlands
12.10.13	NC0440	Assessment day	Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award			