

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER November 2013

Please note change of email address for editor.

New address is [jandemolloy@gmail.com](mailto:jandemolloy@gmail.com)

### FIXTURES - Road and MT

#### 2013

2 November Langley 7  
8 December Tatton Yule Yomp 10K  
26 December Round the Walls Race, Chester

#### 2014

19 January Four Villages Half Marathon  
15 March NA 12 and 6-stage road relays – Manchester, venue tbc  
13 Sept. North West road relays, Woodbank Park, Stockport

**We would appreciate dates for other events proposed to be held in Cheshire. NOTE: PLEASE SEND TO THE EDITOR AND NOT THE DISTRIBUTOR.**

### GP Race 7 and final standings

**Men:** 1<sup>st</sup> Carl Moulton Boalloy, 2<sup>nd</sup> S Doyle, Vale Royal AC; 3<sup>rd</sup> D Nicholls, Wilmslow RC;

**Overall Team:** South Cheshire took the men's title by just 13 points from Wilmslow, the closest winning margin in the history of the GP series

**Overall Individual:** Damian Nicholls (Wilmslow) eventually took the title by one point from Stuart Doyle who had finished 2<sup>nd</sup> on the day only 6 seconds behind the first Cheshire club runner home, Carl Moulton of Boalloy

**Ladies:** 1<sup>st</sup> D McVey, Wilmslow RC; 2<sup>nd</sup> S Johnstone, Wilmslow RC; 3<sup>rd</sup> G Barnett, Vale Royal RC

**Overall Individual:** 1<sup>st</sup> D McVey of Wilmslow who had led her team home to win the team title, while Kristy Readman of Macclesfield improved to finish 2<sup>nd</sup> overall.

**Overall team:** Wilmslow won the team title

**Handicap** (on the day) : Rob Graves (Macclesfield) and Elaine Tatham (Sandbach Striders)

**Handicap Overall** : Gail Hill held on to take the overall trophy, but with a reduced points margin from Carl Hanaghan (Macclesfield)

### ERRA National Road Relays, Birmingham

Vale Royal's U17 Men's and Warrington's U17 Ladies teams took bronze and silver medals respectively, with Harriet Knowles-Jones of Warrington running the fastest U17 ladies leg. In the Under 17 men's event Elliot Bowker was third fastest. In the U13 Boy's event Vale Royal were 13<sup>th</sup> and Warrington 20<sup>th</sup>, while in the U17 Ladies event, Vale Royal's team were 6<sup>th</sup>. In the Under 13 Girls event Vale Royal were 11<sup>th</sup>.

In the senior events held the previous day, Vale Royal ladies finished 21<sup>st</sup>.

### FELL RUNNING

#### FIXTURES - CROSS COUNTRY

##### 2013

2 November ECCA National Relays – Mansfield  
10 November Manchester Area X-C League, R2, Stockport  
16 November North Staffs X-C League, R3, Park Hall, Western Coyney  
30 November North Staffs X-C League, R4, Westwood High  
7 December Manchester Area X-C League, R3, Sherdley Park

##### 2014

4 January Cheshire X-C Championship, Birchwood  
12 January Manchester Area X-C League, R4, Boggart Hole Clough  
25 January Northern X-C Championships, Knowsley  
8 February Manchester Area X-C League, R5, Wythenshawe Park  
22 February ECCA National Championships - Wollaton Park, Nottingham  
8 March CAU X-C Cofton Park, Birmingham  
15 March NA 12 and 6-stage Champs., Heaton Park, Manchester

### NA Cross Country Relay Championships Graves Park 5th October

U13 Boys: 3<sup>rd</sup> – Vale Royal - J Humphries A Doyle B Lee  
U17 Women: 1<sup>st</sup> – Vale Royal - J Parsons, K Gerrard, C Pettitt  
U17M: 1<sup>st</sup> – Vale Royal - M Sheen, S Whitehead, E Bowker  
SW: 3<sup>rd</sup> – Stockport Harriers – S Ratcliffe, L Clarke, L Rudd

### TRACK and FIELD FIXTURES

#### 2013

16 November NA Indoor Open, Sheffield

14 December NA Indoor Open, Sheffield

#### 2014

4-5 January EA inc. NA Senior & U20 CE Champs., Sheffield

18-19 Jan. NA Senior/U20 and U17 Indoor Champs., Sheffield

2 February NA U15 and U13 Indoor Champs., Sheffield

### SPORTSHALL ATHLETICS

Round 2 - 17 November

Round 3 - 8 December

NWL Final - 26 January

### 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).

### The Cheshire and Merseyside Athletics Network

The Network has been a sub-committee of Cheshire County AA since 31<sup>st</sup> March to enable it to continue into the future. Contact Andy Garnett by email on [andy.garnett@amec.com](mailto: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 Tom Shubbrook on 01606 814441 or on [tom.shubbrook@sportcheshire.org](mailto:tom.shubbrook@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

#### SPORT CHESHIRE SPORTS COACH COURSES

To book any of the courses, please telephone 01606 330212

12.11.13	Equity in your Coaching	MMU Crewe
21.11.13	How to coach disabled people in sport	MMU Crewe
10.12.13	Emergency First Aid	Middlewich Cricket Club
11.12.13	Safeguarding & Protecting Children	Chester RUFC

### 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.

#### Local Coach Development Programme

16.11.13	10.00-4.00pm	Speed	Eastlands
12.1.14	10.00-4.00pm	Developing Throwers	Edge Hill University

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](http://www.facebook.com/GilletteUK) and then click on Gillette Great Start Programme for more information

LEADERSHIP IN RUNNING FITNESS - £110.00			
16.11.13		One day	Wavertree
14.12.13	NC0508	One day	Eastlands
ATHLETIC LEADER AWARD - £130/£95			
14.12.13	NC0509	One day	Eastlands
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £325.00			
COACHING ASSISTANT - £190.00/ £145.00			

23&30.11.13	NC0512	Days 1 and 2	Robin Park
21-22.12.13	NC0498	Days 1 and 2	Eastlands
22-23.2.14	NC0499	Days 1 and 2	Eastlands
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. <u>Cost includes all modules and assessment. £365.00/£325.00</u>			
2-3.11.13	NC0495	Days 1 and 2	Eastlands
21.12.13	NC0495	Day 3	Eastlands
12.4.14	NC0495	Assessment day	Eastlands
22-23.2.14	NC0496	Days 1 and 2	Eastlands
12.4.14	NC0496	Day 3	Eastlands
July 14 (tbc)	NC0496	Assessment day	Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
2-3.11.13	NC0497	Days 1 and 2	Eastlands
21.12.13	NC0497	Day 3	Eastlands
12.4.13	NC0497	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](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 Fylan UK Welfare Co-ordinator. T: 0161 223 4246 or email at [jfylan@uka.org](mailto:jfylan@uka.org).

#### Officials' Courses - 2013

Level 2 Officials' Courses – note that the next courses will not be held until 2014.

30.11.13	Eastlands (all disciplines include the generic module) Generic 10.00am-12.00pm Track Judges 1.00pm-3.00pm Timekeeping 1.00pm-3.00pm Field Judges 1.00pm-3.00pm	NO0194	£30
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Please ensure that the license application form is completed, plus a cheque made payable to "England Athletics", and the two are returned to England Athletics at the address on the form. 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):  
[jandemolloy@gmail.com](mailto:jandemolloy@gmail.com)