

CHESHIRE COUNTY ATHLETIC ASSOCIATION



NEWSLETTER December 2014



Editor : Ellen Molloy jandemolloy@gmail.com

With best wishes for Christmas and New Year to everyone involved in Cheshire Athletics.

The **AGM of the Cheshire League** will be held on 10 December at Frodsham Community Centre, commencing 7.30pm .

The **AGM of the Cheshire County AA** will be held on Monday 16th February 2015 at Knight's Grange, Winsford commencing at 7pm

FIXTURES - Road and MT

NOTE : * indicates events organised by and/or supported by affiliated athletic clubs

2014

7 December Stockport 10mile including NA championships
7 December **Tatton Yule Yomp, MT***
26 Dec. **"Round the Walls", Chester ***
28 Dec. Ribble Valley 10K including NA championships

2015

18 January **Four Villages Half Marathon***
1 February Alsager 5
1 March Tatton Park 10K
1 March High Legh 10K
8 March Oulton Park Half Marathon and 10K
22 March **Wilmslow Half Marathon***
28 March NA 12 and 6 stage RR Championships
5 April **Air Products 10K, Crewe***
17 May Chester Half Marathon

We would appreciate dates for other events proposed to be held in Cheshire. NOTE: Please send to the Editor and not to the Distributor.

CROSS COUNTRY FIXTURES

2014

6 December Manchester Area X-C League
13 December L&D X-C Round 3

2015

3 January Cheshire Cross Country Championships, Bolesworth Estate
Please check the website for information on this event, in particular see how you can help to raise money for Caudwell Children, the Bolesworth Estate's chosen charity.
10 January Manchester Area X-C League
24 January Northern Athletics Cross Country Championships, Pontefract
14 February Manchester Area X-C League
21 February ECCA National Championships, Parliament Hill Fields
7 March Inter-Counties Cross Country, Cofton Park

International success

Several Cheshire athletes represented England in the International event at Burgos, Spain, in November. Elliott Bowker (Vale Royal) was 11th in the Junior Men's race while Harriet Knowles-Jones (Warrington AC) was 2nd and Tessa McCormick (Vale Royal) was 4th in the Junior Women's race in which the English team members took the first 4 places.

In the annual **Home Countries Masters** cross country event, several Cheshire runners represented England : Rob Downs (Wilmslow) in the M50 age group; Matt Barnes (Sale) in the M35 race, which he won, and Ann-Marie Jones (Altrincham) in the F60 age group.

Erratum: NA Cross-Country Relays at Sheffield on 18 October

Note: U15 boys: 2nd Vale Royal - A Dight, H Dexter, B Lee (not Warrington)

TRACK and FIELD FIXTURES

2014

6 December NA Indoor Open - 2
6 December ESAA Indoor CE Events, International, Glasgow

2015

10-11 Jan. England Sen./U20 Indoor CE Championships

17-18 Jan. NA Sen./U20/U17 Indoor Championships, Sheffield
1 February NA U15/U13 Indoor Championships, Sheffield
7-8 February British Indoor T&F Championships, Sheffield
1-2 March EA 20/U17/U15 Indoor Championships, Sheffield
14-15 March England U17/U15 CE Championships, Sheffield
23/24 May **Cheshire T&F Championships**, Stretford (joint with Greater Manchester)
13-14 June NA Senior and Junior Championships, Manchester
25 July NA I-C Championships, Blackburn
15-16 August NA U17 and U15 Championships

Sportshall Athletics – NW League

2014

7 December Round 3 – Widnes and Deeside

2015

25 January NW League Final, Widnes

RACE WALKING - contact **Cath McGrath**, West Cheshire AC, UKA Licensed Coach can be contacted by email: cathmcgrath@btinternet.com if anyone wishes to take up the sport.

Get interactive with UKA – check out all the latest news, views, blogs and videos. Connect on Facebook, Twitter and YouTube.

Check in to the **Cheshire Schools' Athletic website** for all the latest news and views on all aspects of schools' athletics in Cheshire, plus information, dates of events and for names and contact details of committee members and district secretaries. www.cheshireschoolsaa.co.uk

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 Shubrook on 01606 814441 or on tom.shubrook@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.

COACHING

SPORT CHESHIRE: SPORTS COACH COURSES

To book courses please telephone 01606 330212 – no information received.

Local Coach Development Programme - contact Sarah Friday (see over)

Training for the Marathon 25th January at Edge Hill
Progressing from LiRF to CiRF 22nd February at Eastlands (more details to follow)
Disability Inclusion Training 22nd February at Eastlands (more details to follow)
Shot & Discus: Moving on from the Standing Throw 21st March at Eastlands (more details to follow)
In addition to this clubs and coaches can request flying coach visits which will allow for more specific development requests to take place locally at no cost to you at a convenient time and venue.

Leading Athletics **New course for 14+. Leaders will be able to lead sessions unassisted but still under the DIRECT supervision of a qualified athletics coach as long as they stick within the remit of the published, standard sessions and task cards**

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 for the 2014 programme via the brand's Facebook page www.facebook.com/GilletteUK and then click on Gillette Great Start Programme for more information

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 - £150/£130.00			
13.12.14		One day	Eastlands
ATHLETIC LEADER AWARD - £130/£95			

COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £400.00			
COACHING ASSISTANT - £225/£165			
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. £400/£250			
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
LEADING ATHLETICS *** £50 / £30			
13.12.14	NC0612	3 hour course	Eastlands
29.3.15	NC0614	3 hour course	Eastlands

*** This is an exciting new course for those who wish to lead athletics activities for young athletes. The minimum age to take part is 14.

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.

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

Officials' Courses - 2014

The Cheshire Officials' Secretary is **Alan Morris**. He can be contacted at alanmorris@madasafish.com

Sarah Friday 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):

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