

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

October 2014

Editor : Ellen Molloy jandemolloy@gmail.com

The County AA are in discussions with the owners of a potential venue for the 2015 cross-country Championships to be held in early January 2015.

NA Open Meeting and N League AGM will be held on 15 November – further details to follow.

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

Cheshire Track Relays – a Request to Cheshire Clubs

The Cheshire committee have reviewed the 2014 track relay championships. While the committee were grateful to Warrington AC for hosting and dealing with entries, they were disappointed at the low level of entries and that some Cheshire clubs, particularly those with young athletes, chose not to enter any teams. Some events did not take place due to no entries while for some other events only entries from guest teams were received.

The committee is aware that the move to two mid-week evenings rather than a full single day at a weekend was a major change, but was unable to find a free weekend day. That situation is unlikely to change in future years.

The committee request the views of Cheshire clubs on **NOT** holding the event in 2015. Please send your comments to the Cheshire Secretary : honsecretary@cheshireaa.com The next Cheshire committee meeting is on 1st December (6pm at Knight's Grange, Winsford) and will consider comments from clubs before making a decision. All clubs are entitled to send a representative to County committee meetings.

FIXTURES - Road and MT

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

2014

4 October ERRA 6 and 4 stage road relays, Birmingham

5 October ERRA Young Athletes' relays

5 October Chester Marathon

5 October **Congleton half and quarter marathon ***

1 November **Langley 7, Macclesfield ***

2 November Abergele 5 mile, representative match **

**** Cheshire v North Wales v Staffordshire - Cheshire teams will be selected from those Cheshire qualified runners who have pre-entered by 19th October. Entry details, etc can be found at <http://www.abergeleharriers.co.uk/The5.htm>**

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

28 March NA 12 and 6 stage RR Championships

5 April National 12-stage Men / 6-stage Women RR, Birmingham

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

GP Race 6 – Birchwood 10K – 17 August

Men:

Men Overall: D Nicholls; S Doyle; P Speake

Women: D McVey, Wilmslow; L Candioli, Spectrum Striders; J Ellis, Wilmslow

Women Overall: D McVey; L Candioli; K Readman-Gill, Macclesfield

Handicap Men: K Dickson, Warrington RR; B McCarron, Wilmslow; P Clutterbuck, Vale Royal AC

Handicap Women: S Walsh, City of Chester Tri; A Durrant, South Cheshire Harriers; C Halligan, Lymm Runners

Handicap Mixed: K Dickson, S Walsh, A Durrant

GP Race 7 (Final Race) - Macclesfield Half Marathon, 28th September.

Men : 1. Rob Downs (Wilmslow); 2. James Noakes (Macclesfield); 3. Jim Pendrill (Wilmslow).

Women : 1. Diane McVey (Wilmslow); 2. Kristy Gill (Macclesfield); 3. Victoria Walls (Spectrum).

Team results : 1st Wilmslow; 2nd Macclesfield for both Men and Ladies.

Overall

Individuals, Male : 1. Damian Nicholls (Wilmslow); 2. Stuart Doyle (Vale Royal); 3. Peter Speake (Wilmslow).

Individuals, Female : 1. Diane McVey (Wilmslow); 2. Luisa Candioli (Spectrum); 3. Kristy Gill/Readman (Macclesfield).

Teams, Men : 1. Wilmslow, 2. South Cheshire, 3. Macclesfield

Teams, Women : 1. Wilmslow, 2. Macclesfield, 3. Spectrum Striders.

Suggestions for events for the 7 races in the 2015 Road Running GP are invited from Cheshire clubs. Events eligible for consideration for the GP are those organised by Cheshire Clubs. (To : honsecretary@cheshireaa.com)

NW Road Relays – Stockport , 13 September – Cheshire Championship results

U13 Boys: 1st Warrington (also 1st NW) – L Hayes, S Evans, J Jones; 2nd West Cheshire – S Roberts, S Dean, H Tegg; 3rd C&N – S Jones, R Harper-Griffiths, P Selby

U13 Girls: 1st Macclesfield – L Robinson, S Moss, S Heslop; 2nd West Cheshire – T O'Keefe, A Crayston, H Jones; 3rd Vale Royal – C Pilsner, L Smith, H Smith

U 15 Boys: 1st (also 2nd NW) – H Dexter, O Waring, R Weir; 2nd Warrington J Stubbings, S Rostron, D Fox; 3rd Vale Royal – J Humphries, A Doyle, B Lee

U15 Girls: 1st Warrington – M Boyer, L Ferris, L Goddard; 2nd Vale Royal – C Dimmock, J Thompson, E Bridge; 3rd West Cheshire – I Clarke, C Mercer, S Hemmingborough

U17 Men: 1st Vale Royal (also 1st North West) – J Betteley, J Chatten, J Owen; 2nd Warrington (O Lee, L Sharman, R Dykes)

U17 Ladies: 1st V Royal (also 2nd North West) – C Broad, M Hough, S Smith; 2nd Warrington – V Ramsbottom, K Grady, G Massey; 3rd V Royal – C Gibbons, C Dooley, B Smith

Senior Men: 1st Vale Royal M Sheen, R Moore, S Doyle, N Tipping; 2nd Wilmslow D Nicholls, T Morris, J Pendrill; 3rd Vale Royal S Caldwell, P Stradling, T Armstrong, J Todd

Senior Women: 1st Vale Royal (also 2nd North West) – T McCormick, K Gerrard, K Spencer; 2nd Vale Royal - R Craigie, J Parsons, G Barnett; 3rd Macclesfield – S Harris, A Farmer, N Moss

Northern Athletics Road Relays, Birchwood, 20 September.

In the Men's event with over 150 teams starting, Vale Royal were 11th with Elliot Bowker running the 5th fastest leg for the 6km of all the 700+ runners taking part in this race. Wilmslow and Spectrum Striders also had complete teams finish along with a Vale Royal B team.

In the ladies event also over 6km legs, Vale Royal were 9th of the 77 teams starting with Tessa McCormick running the 6th fastest leg of all runners. Spectrum Striders (who hosted the event for Northern Athletics) also finished a full team along with a Vale Royal B team

In the Under 17 mens race over 3.3km legs Vale Royal were 5th with Jacob Brown running the 8th fastest leg. In the Under 17 womens event Harriet Knowles-Jones ran the fastest leg of all runners for Warrington wg=ho nwere second team. Vale Royal were 5th team in this event.

In the Under 15 Girls race over 3km legs, Warrington were 7th and in the Boys race were 5th (with Jack Stubbings 6th fastest leg) and Vale Royal 6th (with Arun Dight 7th fastest leg).

Warrington U13 Boys team won the Northern Championship with Sam Evans recording the fastest leg and Jordan Jones the 7th fastest leg.

A Guinness World Record : Father and Son, Graham and Ben Green of Warrington AC have become the Guinness World Record Holders for the fastest combined time for the marathon with their performances in this year's London Marathon. Ben, currently the fastest of Cheshire club runners this year, recorded 2:35:30 and Graham 2:43:05.

FELL RUNNING

Liam Burthem (Warrington AC) was 2nd English runner to finish in the International U20 Fell Race at Glendalough, Ireland.

Ann-Marie Jones (Altrincham) was first F60 lady in the World Masters Mountain Running championships in Austria. At the same meeting, Dave Alexander (West Cheshire) was first GB athlete to finish (15th Overall) in the M45 age group.

CROSS COUNTRY FIXTURES

2014

11 October Manchester Area X-C League

18 October Northern Athletics Cross Country Relays, Sheffield

25 October L&D X-C Round 1

8 November Manchester Area X-C League

29 November L&D X-C Round 2
 6 December Manchester Area X-C League
 13 December L&D X-C Round 3

2015

3 January Cheshire Cross Country Championships
 10 January Manchester Area X-C League
 24 January Northern Athletics Cross Country Championships, Pontefract
 7 February Manchester Area X-C League
 21 February ECCA National Championships

TRACK and FIELD FIXTURES

2014

8 November NA Indoor Open - 1
 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
 13-14 June NA Senior and Junior Championships, Manchester
 27 July NA I-C Championships, Blackburn
 15-16 August NA U17 and U15 Championships

Cheshire County and Open Combined Events Championships – Macclesfield – 14 September

U17 men : J McMahon West Cheshire AC, 1st Cheshire, 1st Open
 U17 ladies : E Fowler C&N, 1st Cheshire, 1st Open; A Clark Macclesfield, 2nd Cheshire, 2nd Open
 U15 boys : F Roe C&N, 1st Cheshire, 1st Open; L Palin C&N, 2nd Cheshire, 2nd Open; E Milligan, West Cheshire AC, 3rd Cheshire, 3^d Open
 U15 girls : L Hughes C&N, 1st Cheshire, 1st Open; H Giller Stockport, 2nd Cheshire, 3rd Open; H Keane West Cheshire, 3rd Cheshire
 13 boys : M Frith Macclesfield, 1st Cheshire, 2nd Open; E Bradley West Cheshire, 2nd Cheshire, 3rd Open; A Bould C&N, 3^d Cheshire
 U13 girls : L McTiffin Sale, 1st Cheshire, 1st Open; A Pawlett West Cheshire, 2nd Cheshire, 2nd Open; C Giller Stockport, 3rd Cheshire
 U11 girls : R Meakin C&N, K Barry Macclesfield, K Darmon Macclesfield
 U11 boys : J Danson Macclesfield, L Prestwich C&N, O Atkinson C&N
 Mixed team : 1st Macclesfield - S Danson, T Hudson, T Roberts; 2nd C&N – O Atkinson, L Prestwich, R Meakin; 3rd West Cheshire – Z Edwards, Z Grimsley, M Maxwell

UK School Games – Eastlands 4-7 September

Boys 400m – 2nd M Pagan; Shot – 3rd E Ball; L Jump 3rd – A Williams; 3000m – 1st H Knowles-Jones

ESAA Combined Events Final – Boston – 20-21 September

Inter. Boys: 3rd H Lord 2nd J McMahon 20th L Greenwood 24th C Smith 39th.
 Senior Girls – O Montez-Brown 3rd, S Quinn 13th.

Nick Jones (Warrington AC) was second in the M40 age group in the British Masters 10,000m track championships

Sportshall Athletics – NW League

2014

12 October Round 1 – Widnes and Crewe
 16 November Round 2 – Widnes and Crewe
 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.

Contact Marian Allen for information and help about UKA Standards. She can be reached on panmaallen@googlemail.com.

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.

Flying Coach sessions – contact Sarah Friday

Local Coach Development Programme

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			
26.10.14	NC0568	One day	GMP S&S Club, Haugh End
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			
11-12.10.14	NC0567	Two days plus assessment day	GMP S&S Club, Haugh End
29.11.14		Assessment day	
COACHING ASSISTANT - £225/£165			
4-5.10.14	NC0630	Days 1 and 2	MMU, Crewe
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			
16.11.14	NC0311	3 hour course	Eastlands
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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