

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

April 2015

Editor : Ellen Molloy [jandemolloy@gmail.com](mailto:jandemolloy@gmail.com)

### **EA Club Consultations: North West 15 April, at Longford Park**

These meetings are an opportunity for volunteers, athletes and others involved in the sport to feed back their views on where England Athletics should be focusing support, what they value and where they would like to see increased or decreased investment. It will also be an opportunity to hear more about England Athletics' new commercial partnerships and some of the benefits to members that have arisen from these. Overall these events are your chance to tell us what is on your minds and to debate issues in an open forum. To register to attend a regional consultation event please email [consultation2015@englandathletics.org](mailto:consultation2015@englandathletics.org) and provide your name, your club (if applicable), your role within the sport and the venue that you wish to attend. All events will be 7pm-9.30pm with doors opening at 6.30pm.

### **Rule Change Consultation**

British Athletics have opened the consultation period for the 2016 rules which includes proposed changes for the age groups to come into line with the IAAF. Please visit our website for further information <http://www.englandathletics.org/england-athletics-news/rule-change-consultation-by-british-athletics>

### **FIXTURES - Road and MT**

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

#### **2015**

5 April **Air Products 10K, Crewe \* RRGF Race 2 (Race Full)**  
15 April **Chester Spring 5 mile \***  
18 April Cheshire 10K  
19 April Whitley 10K and Fun Run  
23 April Mobberley Round the Runway MT  
30 Apr Mid Cheshire 5K  
15 May **Christleton 5K\***  
17 May Chester Half Marathon  
28 May Blaze Hill of Glory (Bollington)  
29 May **Birchwood Brook 5K\***  
13 June **Hollins Green 5K\***  
19 June **Tattenhall Tough Team Race \***  
21 June Sport in the Port 10K, Ellesmere Port **RRGF Race 3**  
25 June **Warrington Road Runners 10K\***  
28 June Colshaw Hall 10K  
30 June **South Cheshire 5K, Queen's Pk, Crewe\***  
1 July **Forest Park Ladies 5K \***  
9 July Wizard 5 mile, Alderley Edge  
28 July **South Cheshire 5K, Queen's Pk, Crewe\***  
5 August **Pie and Peas race \* RRGF Race 4**  
19 August **Ellesmere Port 5K\*** (held at Capenhurst)  
23 August **Birchwood 10K \***  
25 August **South Cheshire 5K, Queen's Pk, Crewe\***  
6 Sept **South Cheshire 20 mile\***  
13 Sept Gawsworth 10K  
20 Sept. **Guilden Sutton Six 10K \* RRGF Race 5**  
27 Sept. **Macclesfield half-Marathon and 5K \***  
3 October ERRA Senior 6 and 4 stage relays, Sutton Park  
4 October ERRA Young Athletes' relays, Sutton Park  
4 October **Congleton Half Marathon \* (date tbc) RRGF Race 6**  
4 October Chester Marathon and Metric Marathon  
4 October Run Winsford 10K  
18 October Farndon 10K  
7 November **Langley 7, nr Macclesfield \* RRGF Race 7**  
26 December **Chester "Round the Walls" \***

### **Cheshire Age Group Road Running Records**

The first 3 months have seen a number of age group records for road races broken. Andy Green of Warrington AC has set new M50 times for 5 miles, 10K and half-marathon. His time in the Trafford 10K proved to be a World Best time for a 52 year-old male. Tom McGaff (Wilmslow RC) now a M60 has reduced the 10K record twice and the half-marathon record once, so far. Mick Fairs (M65, Wilmslow) set a new age group half-marathon record at Wilmslow

where Stuart Doyle (Vale Royal) lowered his M40 record again. On the ladies side, Rosemary Rogers (West Cheshire) has twice lowered the F65 10K record.

**The Cheshire AA web site has been up-dated with a detailed summary of road race performances and participation by members of Cheshire clubs in 2014.**

**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**

#### **2015**

17 October NA X-C relays  
31 October ECCA relays, Mansfield

#### **2016**

9 January Cheshire Cross Country Championships

**Northern Vets AC** Cross-Country championships, 1 March, Warrington – **congratulations to Nick Jones** of Warrington who finished first, plus first in the over-40 category.

In the **British Masters AF** CC Championships held at Ruthin : Nick Jones was 1<sup>st</sup> M40, Ian Wetherall (Sale H) was 3<sup>rd</sup> M45; Colin Bishop (Helsby) 2<sup>nd</sup> M55. Hasley Kuter (Salford H) was 2<sup>nd</sup> F35 and Anne-Marie Jones (Altrincham) was 2<sup>nd</sup> F60.

### **Inter-Counties, Cofton Park**

Cheshire's Senior Ladies were 10<sup>th</sup> with T McCormick, K Brough, A Pettitt, S Murphy, A Hildrup and K Titlow.

U13 boys – S Evans was 6<sup>th</sup> individual and the team finished in 7<sup>th</sup> place (S Eans, A Bould, J Jones, S Dean).

Junior Man E Bowker had an excellent third place for Cheshire in his race and was selected for the GB & NI Junior Men's team for the World Championships in China where he was 3<sup>rd</sup> counter in the British Junior team.

**Harriet Knowles-Jones** of Warrington was also selected to compete for GB & NI juniors at the World Championships in China but was denied the opportunity to compete because of visa difficulties owing to her age. In the Inter-county championships she crossed the finish line in second position in the U20 event but was disqualified for not wearing her timing chip.

### **FELL RUNNING**

#### **2015**

12 April Mow Cop Fell Race  
<http://www.mowcoprunner.com/Pages/MCHillRace.aspx>  
16 May **Inter-Counties Fell Running Championships**, Betwys-y-Coed, Sen.,U18,U16 - Cheshire runners interested in competing - information below  
17-18 Oct. Fell and Hill relay championships

The selection process for the Cheshire team is through Nick Bishop. He can be contacted on 07919 565904 or [nick@nickbishopsolutions.co.uk](mailto:nick@nickbishopsolutions.co.uk). A trial race is to be held at the Mow Cop Fell Race \* on 12 April. All wishing to be considered for selection, and meet the requisite County eligibility, please enter the race and advise Nick of your intention - either contact him direct or via your club representative or direct. A decision based on results will be made to determine the number selected. There may be places held back based on performances both in the trial and within previous race history/performance. Any clubs with suitable juniors and who are considered of the appropriate standard, should also let Nick know. No trial will be held for the juniors. Please contact him for further information. We hope to build competitive Cheshire teams.

### **TRACK and FIELD FIXTURES**

#### **2015**

18 April YDL Upper Round 1  
2 May YDL Lower Round 1  
3 May Northern League Round 1  
10 May Cheshire League Round 1  
16 May TDL Upper Round 2  
23/24 May **Cheshire T&F Championships**, Stretford (joint with Greater Manchester) **Entry Forms and Provisional Time tables are on the [cheshireaa.com](http://cheshireaa.com) web site.**  
30 May YDL Lower Round 2  
6 June Northern League Round 2

13 June	Cheshire Schools Championships, Warrington <b>Please note change of venue from previous years</b>
13-14 June	NA Senior and Junior Championships, Manchester
20 June	Schools' Inter-Counties, Birmingham
21 June	YDL Lower Round 3
24 June	Cheshire Schools Minors' Championships, Warrington
27-28 June	Schools' Regional Combined Events, Bebington
28 June	YDL Upper Round 3
5 July	Cheshire League Round 2
10-11 July	ESAA Championships, Gateshead
12 July	Northern League Round 3
18 July	YDL Lower Round 4
18 July	ESAA International Championships, venue tbc
26 July	YDL Upper Round 4
2 August	Cheshire League Round 3
8 August	Northern League Round 4
15-16 August	NA U17 and U15 Championships
<b>22 August</b>	<b>NA U17 and U15 Inter Counties Championships, Blackburn</b>
6 September	Cheshire League Round 4
13 Sept.	Cheshire YA CE Championships, plus Cheshire Track Relay Championships, Macclesfield
19-20 Sept.	ESAA CE Championships, venue tbc
5 December	ESAA CE International, Glasgow

EA Indoor Championships U20/U17/U15, Sheffield, 28 February - 1 March

**Congratulations to:**

C McAulay, Warrington – 1<sup>st</sup> U20W 800m

**Sportshall**

North West Regional Finals

U15 boys : 1<sup>st</sup> Cheshire

U15 girls : 2<sup>nd</sup> Cheshire

U13 boys : 2<sup>nd</sup> Cheshire

U13 girls : 3<sup>rd</sup> Cheshire

U15 all-rounder - girls : 1<sup>st</sup> L Hughes, Crewe and Nantwich

U15 all-rounder – boys : 1<sup>st</sup> L Palin, Crewe and Nantwich

**Race Walking** - contact **Cath McGrath**, West Cheshire AC, UKA Licensed Coach can be contacted by email: [cathmcgrath@btinternet.com](mailto:cathmcgrath@btinternet.com) if anyone wishes to take up the sport.

**Cheshire Club List** – notify changes to Mike Lamb of West Cheshire AC, who has taken over responsibility for keeping the list up to date

Check the **Cheshire Schools' Athletic website** for the latest news and views on all aspects of Cheshire Schools' Athletics' plus information, events dates, plus names and contact details of committee members and district secretaries. [www.cheshireschoolsaa.co.uk](http://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](mailto:tom.shubrook@sportcheshire.org)

**COACHING**

**SPORT CHESHIRE: SPORTS COACH COURSES**

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

**uCoach** - a reminder that uCoach is the online resource for athletics coaches in the UK. The uCoach website has the coach in mind – a one-stop shop for coaches to access information about coach development, coaching qualifications, events, news and coaching resources.

The website includes an article library, video, audio, documents, photos, blogs, interviews and more - suitable for all levels of coaches. Information is continuously and frequently added and usually available to all UK users or those outside the UK via login.

uCoach can be found at [www.ucoach.com](http://www.ucoach.com)

**AthleAcademy** - AthleAcademy is the new leadership academy scheme available to England Athletics registered athletes. England Athletics is looking to create, develop and inspire the next generation of volunteers who will not only help support the development of the sport, but also gain new invaluable skills that they will be able to take into their life outside of Athletics.

The new "AthleACADEMY" scheme will provide registered athletes aged 14+ with an opportunity to learn about the various roles available within the sport, from coaching to volunteering and from club management to media and promotion via the completion of Bronze, Silver and Gold award within 5 areas unique areas. They will be provided with their own workbook to log their hours and record their progression.

Visit [www.athleacademy.org](http://www.athleacademy.org) for more information.

**Local Coach Development Programme**

**Contact Sarah Friday, Club & Coach Support Officer, EA North, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2BE.M 07912 070640 F 0161 223 5588 W [www.englandathletics.org](http://www.englandathletics.org)**

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**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\*\*.

**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.

<b>LEADERSHIP IN RUNNING FITNESS - £155/£135.00</b>			
20.6.15	NC0644		Eastlands
4.7.15	NC0689		Macclesfield
10.10.15	NC0645		Eastlands
25.10.15	NC0657		Hough End, Manchester
<b>ATHLETICS AWARD – Ages 14+ £30</b>			
4.7.15	NC0695	9.30 – 12.30	Eastlands
<b>ATHLETIC LEADER AWARD - £130/£95</b>			
<b>COACH IN RUNNING FITNESS - you must attend all four sessions to complete the course. £250.00</b>			
11-12.10.15	NC0658	Day 1 and 2	Hough End, Manchester
28.11.15	NC0658	Day 3	
26.3.16		Assessment day	
<b>COACHING ASSISTANT - £230/£170</b>			
16-17.5.15	NC0698		Eastlands
4-5.7.15	NC0663		Eastlands
26-27.9.15	NC0646		Eastlands
<b>ATHLETIC COACH AWARD – you must attend all four sessions to complete the course. Cost includes all modules and assessment. £400/£250</b>			
28-29.3.15	NC0637	Day 1 and 2	Eastlands
9.5.15	NC0637	Day 3	Eastlands
10.10.15	NC0637	Assessment day	
9-10.5.15	NC0642	Day 1 and 2	Eastlands
20.6.15	NC0642	Day 3	
10.10.15	NC0642	Assessment day	
5.7.15	NC0694	Assessment only	Eastlands
26-27.9.15	NC0643	Day 1 and 2	Eastlands
TBA	NC0643	Day 3	
TBA	NC0643	Assessment day	
<b>CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00</b>			
<b>LEADING ATHLETICS *** £50 / £30</b>			

\*\*\* 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](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).

**DBS** application forms are available from **Jane Fylan**, UK Welfare Co-ordinator. T: 0161 223 4246 or email at [dbs@uka.org.uk](mailto:dbs@uka.org.uk)

DBS online - your information, DBS went live last week and all information relating to the new system is available on [www.englandathletics.org/DBS](http://www.englandathletics.org/DBS)

#### **Officials' Courses - 2015**

The Cheshire Officials' Secretary is **Alan Morris**. He can be contacted at [alanmorris@madasafish.com](mailto: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](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)