

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

January 2015

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

Elections for EA Regional Councils will take place early in the year. Nominations must be made by 13 February. If you know of someone who may be interested then please nominate them for a place on your Council.

**AthleAcademy** - please draw the attention of your 14+ athletes to this paragraph.

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

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

#### **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 \* RRG Race 1**  
28 March NA 12 and 6 stage RR Championships  
5 April **Air Products 10K, Crewe \* RRG Race 2 (Easter Sunday)**  
17 May Chester Half Marathon  
21 June Sport in the Port 10K **RRGP Race 3**  
??? August **Pie and Peas race (date tbc)\* RRG Race 4**  
14 Sept. NA Senior RR, and Young Athletes' RR, venue tbc  
??? Sept. **Sutton Six \* (date tbc) RRG Race 5**  
3 October ERRR Senior 6 and 4 stage relays, Sutton Park  
4 October ERRR Young Athletes' relays, Sutton Park  
?? October **Congleton Half Marathon \* (date tbc) RRG Race 6**  
?? November **Langley 7 \* (date tbc) RRG Race 7**

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

#### Abergele 5 mile Inter-County results

##### **Men's race:**

1<sup>st</sup> R Challinor N Wales, 2<sup>nd</sup> N Jones Cheshire, 3<sup>rd</sup> C Moulton Staffordshire  
Team results – N Wales, Cheshire, Staffordshire

##### **Ladies' race:**

1<sup>st</sup> G Outten N Wales. D McVey Cheshire, M Vernon Staffordshire  
Team results – Staffordshire, Cheshire, N Wales

#### **CROSS COUNTRY FIXTURES**

##### **2015**

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  
14 March ESAA Championships, Blackburn  
17 October NA X-C relays  
31 October ECCA relays, Mansfield

##### **2016**

9 January Cheshire Cross Country Championships

Congratulations to **Matthew Vennard and Elliott Bowker (of Vale Royal AC)** on being selected to take part in the British team for the U20 European CC Championships in December. Matthew was first British runner to finish while Elliott injured his ankle while running on the frozen course on the day before the championships and was unable to complete the race the next day.

#### Cheshire County Championships 3 January 2015, Bolesworth Castle

U11 Boys – 1<sup>st</sup> I Tait, West Cheshire; 2<sup>nd</sup> J Doorbar, Macclesfield; 3<sup>rd</sup> L Prestwich, Crewe and Nantwich  
Team – 1<sup>st</sup> W Cheshire; 2<sup>nd</sup> Vale Royal; 3<sup>rd</sup> Macc.  
U11 Girls – 1<sup>st</sup> A Nemits, Warrington; 2<sup>nd</sup> M Evans, Warrington; 3<sup>rd</sup> S McTiffin; Sale

Team – 1<sup>st</sup> Warrington, 2<sup>nd</sup> W Cheshire, 3<sup>rd</sup> Sale  
U13 Boys – S Evans, Warrington; A Bould, C&N; J Jones, Warrington  
Team – Warrington, West Cheshire, V Royal  
U13 Girls – I Crawford, Sale; I Heyes, Warrington; S Heslop, Macc.  
Team – Macc., C&N., V Royal  
U15 Boys – 1<sup>st</sup> E Roberts, W Cheshire; 2<sup>nd</sup> J Stubbings, Warrington; 3<sup>rd</sup> C Larkin, Halton and Frodsham  
Team – 1<sup>st</sup> V Royal, 2<sup>nd</sup> H&F, 3<sup>rd</sup> W Cheshire  
U15 Girls – 1<sup>st</sup> L Ferris, Warrington; 2<sup>nd</sup> C Dimmick, V Royal; 3<sup>rd</sup> M Boyer, Warrington  
Team – 1<sup>st</sup> Warrington, 2<sup>nd</sup> V Royal  
U17 Men – 1<sup>st</sup> J Betteley, V Royal; 2<sup>nd</sup> J Brown, V Royal; 3<sup>rd</sup> J Owen, V Royal  
Team – 1<sup>st</sup> V Royal  
U17 Ladies – 1<sup>st</sup> Z Thompson, Sale; K Clarke, W Cheshire, 3<sup>rd</sup> J Dobson, Warrington  
Team – 1<sup>st</sup> Warrington, 2<sup>nd</sup> V Royal 'A', 3<sup>rd</sup> Royal 'B'  
Junior Men – 1<sup>st</sup> L Burthem, Liverpool Harriers; 2<sup>nd</sup> M Sheen, V Royal; 3<sup>rd</sup> O Williams, S Cheshire  
Team – no full team  
Junior Women – 1<sup>st</sup> H Knowles-Jones, Warrington; 2<sup>nd</sup> J Parsons, V Royal; 3<sup>rd</sup> C Pettitt, V Royal  
Team – 1<sup>st</sup> Vale Royal  
Senior/Vet Men – 1<sup>st</sup> D Cliffe, L Harriers; 2<sup>nd</sup> T Jervis, Warrington; 3<sup>rd</sup> J Wignall, Sale  
Team – Senior Men – 1<sup>st</sup> Wilmslow, 2<sup>nd</sup> V Royal, 3<sup>rd</sup> S Cheshire  
Team – Vet. Men – 1<sup>st</sup> Wilmslow 'A', 2<sup>nd</sup> V Royal, 3<sup>rd</sup> Wilmslow 'B'  
Senior/Vet Women – 1<sup>st</sup> S Murphy, V Royal (V35); 2<sup>nd</sup> K Brough, V Royal; 3<sup>rd</sup> K Crickmore, Stockport Harriers (V35)  
Team – Senior Women - 1<sup>st</sup> V Royal 'A', 2<sup>nd</sup> V Royal 'B', 3<sup>rd</sup> Tattenhall  
Team – Vet. Women – 1<sup>st</sup> Wilmslow, 2<sup>nd</sup> Vale Royal, 3<sup>rd</sup> Tattenhall

The **Cheshire Cross Country Championships** were held at a new venue in the grounds of Bolesworth Castle, south of Tattenhall. The Cheshire County AA wish to thank all those involved in the setting up of the Championships at this unique venue. Steve Hammond of Tattenhall Runners master-minded the arrangements with the Bolesworth Estate along with the County Secretary, Adrian Thiemicke. On the Friday before the championships, a number of members from Vale Royal AC and West Cheshire AC helped set up the course in brilliant sunshine and completed that setting up in the heavy rain on the Saturday morning. Most of the dismantling was completed by late Saturday afternoon with another visit on the Sunday morning to check all equipment had been retrieved. The championships could not have taken place without this large effort. The Bolesworth Estate Manager, Dave Tanswell, was extremely helpful and had been the initiator of us being there. David used to run for Shaftesbury Harriers and is a contemporary of David Bedford and Julian Goater, both also members of Shaftesbury and cross country internationals.

#### **FELL RUNNING**

17-18 Oct. Fell and Hill relay championships

#### **TRACK and FIELD FIXTURES**

##### **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 June Cheshire Schools Championships, Macclesfield  
13-14 June NA Senior and Junior Championships, Manchester  
20 June Schools' Inter-Counties, Birmingham  
25 June Cheshire Schools Minors' Championships, Warrington  
27-28 June Schools' Regional Combined Events, Bebington  
10-11 July ESAA Championships, Gateshead  
18 July ESAA International Championships, venue tbc  
25 July NA I-C Championships, Blackburn  
15-16 August NA U17 and U15 Championships  
22 August NA Inter Counties Championships  
19-20 Sept. ESAA CE Championships, venue tbc  
5 December ESAA CE International, Glasgow

#### **Sportshall Athletics – NW League**

##### **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](mailto: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.

**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)

**Training** for a Marathon 25th January at Edge Hill with Mara Yamauchi and Steve Vernon - last few places are available.

**Time to Listen** training for Welfare Officers, 28 January, Birchwood Golf Club. This course is FREE.

**Progressing** from LIRF to CiRF 22nd February at Eastlands (more details to follow)

**Disability Inclusion** Training 22nd February at Eastlands (booking now open)

**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](http://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/](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			
15.3.15			Eastlands
20.6.15			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			
28-29.3.15			Eastlands
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. £400/£250			
28-29.3.15			Eastlands
9-10.5.15			Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
LEADING ATHLETICS *** £50 / £30			
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](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 [jfylan@uka.org](mailto:jfylan@uka.org).

### 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)