



Cheshire and Merseyside Athletics Network

Newsletter

Issue 8- August 2011

Congratulations to our athletes!!

Congratulations to a number of athletes from across Cheshire and Merseyside who have been having a fantastic season. There have been some amazing results from English School wins, appearances at the England Nationals in Bedford and at the UKA Championships and World Trials as well as gold medals at European Championships!!

To name but a few:

Harry Doran of Liverpool Pembroke and Sefton- Gold at the U23 European Champions in the 4 x 400m

Katarina Thompson of Liverpool Harriers winning the Gold for High Jump in the European Junior Championships

Liam Clowes of Crewe and Nantwich appearing at senior events (as an u20) such as the UKA World Trials, England Nationals and other international events

Amelia McLaughlin of Liverpool Pembroke and Sefton winning the u15 English Schools high jump title with an amazing leap of 1.75m (which would have won the u17s too!!)

Apologies if any athletes have been missed, if you have any success stories or anything you and your club want to shout about, then please let Vicky Huyton know and it can be published in this newsletter!

Network Meetings

Now that both networks have been successful in their bid for year 2 funding, the networks can role on with delivering their development plans.

The next **Merseyside Athletics Network** meeting is:
22nd August 2011, 7pm @Wavertree Athletics Track

The next **Cheshire Athletics Network** meeting is:
Monday 12th September 2011, 7pm @ Moss Farm

For more information on the Cheshire and Merseyside Athletics Network, contact:

Vicky Huyton

Cheshire and Merseyside Athletics Network Coordinator

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High Jump Coach Development Session

6th July 2011



*Merseyside
Athletics Network*

On a very wet Wednesday night in St Helens, 7 coaches attended a High Jump Coach Development Evening lead by Mike Holmes. Mike has been the GB National Event Coach for HJ for 6 years and Coach to the current UK HJ Record Holders at 2.37/2.38i (Men) and 1.95i (Women). Mike has also coached 4 High Jumpers at World Champs/Olympics producing 3 medals and 3 Olympic Finalists.

The evening began with a theory lesson around the basic biomechanics and physics of the high jump technique and then followed up by a practical session with two of Englands best young high jumpers, Amelia McLaughlin (Liverpool Pembroke and Sefton Harriers AC) and Sophie Rigby (St Helens and Sutton AC). Many thanks to the girls for taking part in this session, it was horrible conditions to jump in and they wouldn't recommend jumping onto a soaking wet bed again!

Mike explained the importance of the vertical lift and the position of the head and arms during take off, something which although seems a basic principle, is often forgotten.

Sam Rogers, one of the coaches who attended the evening said "This is one of the best workshops ive been too and found it really valuable for my future coaching sessions."

The Merseyside Athletics Network would like to say a huge congratulations to Amelia and her coach Dave McComb for her win at English schools just 4 days earlier!





Cheshire
Athletics Network

Coach Development in Cheshire Winter 2011

Sunday 2nd October 2011 10am- 3pm

Off- Road Development Day –

Teggs Nose Country Park, Buxton Old Road, Macclesfield, SK11 OAP

Wednesday 12th October 2011 – 7pm

Planning the season ahead and goal setting

Warrington Wolves, Halliwell Jones Stadium, Winwick Road, Warrington
WA2 8HY

Monday 14th November 6:30pm

Youth Development- How Training Affects Young Athletes

Winsford Lifestyle Centre, Winsford, CW7 2PT

Sunday 27th November- 10am- 12:00

Cheshire Run-Jump-Throw Series (10-12pm – Horizontal Jumps S&C,
Sprint Winter Development, Hammer & Discus Winter Development
12- Plyometric Workshop and Circuit training)

Macclesfield Leisure Centre and Athletics Track, Priory Lane, Macclesfield,
SK10 4AF

Wednesday 30th November 2011 6:30pm

Nutrition for Endurance Athletes (5k- half marathon)

Knutsford Leisure centre, Knutsford, WA16 0BL

To book on any of these please email vicky.huyton@sportcheshire.org



Coach Development in Merseyside Winter 2011



Merseyside
Athletics Network

Wednesday 12th October 2011 6.30pm
Effective Coaching Styles for heavy throws - Wavertree Athletics Track
(and clubhouse, Wellington Road, Wavertree, L15 4JN)

Monday 7th November 2011 7pm
Introduction to Nutrition for Power Athletes - Edgehill University (TBC)

Wednesday 23rd November 2011 7pm
Throwing, the basics and Strength and Conditioning for throwers
Litherland Sports Park, (Moss Lane, Litherland, L21 7PT)

Saturday 8th October 2011 10:00- 1:00pm
Launch of the 'Merseyside Disability Athletics Project' and Coaches Breakfast Wavertree
Athletics Track, Liverpool

Wednesday 19th October 2011 6.30pm
Planning the season and nutrition for endurance runners (5k- half marathon), - Walton
Lifestyle Centre (Walton Hall Avenue, Liverpool, L4 9XP)

Monday 12th December 2011 6.30pm
**What gender differences? Coaching female throwers and lifetime evolution of training
for throwers**
Wavertree Athletics Track

To book on any of these, please email vicky.huyton@sportcheshire.org





*Feature of
the month*



What is Run England?

Run England is the official England Athletics running project which aims to get the whole nation running! Regardless of your age, fitness level, background or location, you can be part of Run England and benefit from being a part of England's running community.

How to join Run England as an individual...

Visit: www.runengland.org/join

This membership is completely free and allows you to gain all the benefits of the Run England Community which are:

- Making you aware of registered groups which are local to you, who you can train and run with
- Providing you with information on how you can get more from your running
- Sending inspirational stories about runners
- Giving you access to special offers and discounts on running products
- Creating opportunities for you to meet with runners just like you

How to become part of Run England if you are a club...

Register your club as a RE group and you will receive the following benefits:

- ◆ Promote existing beginner sessions
- ◆ Help set up and promote new beginner sessions
- ◆ Free membership to RE – added value
- ◆ Identify potential new Volunteers & Committee Members
- ◆ Added promotions for the club via Run England website
- ◆ New angle to approach new members

For more information on the Cheshire and Merseyside Athletics Network, contact:

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