

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

August 2009

FIXTURES - Road and MT

2009

- 16 Aug Great Warford 10 mile (GP7) (Cheshire County Championship)
23 Aug Birchwood 10K
26 Aug Urenco Capenhurst 5K (Ellesmere Port Running Club)
27 Aug Delamere Trail Series
13 Sep? Sandback 6
19 Sep NW Counties Road Relays, Stanley Park, Blackpool (includes Cheshire Champs)
20 Sep Antrobus Cabbage Canter 10K
20 Sep Sutton Six 10K, nr Chester (GP8)
20 Sep Boggart Chase 10K
26 Sep Northern Athletics 6/4 Stage Relays, Leeds Met Univ, Headingley Campus
27 Sep Macclesfield Half Marathon (Cheshire County Championship)
27 Sep Northern Athletics YA Relays, Headingley Campus
4 Oct "English" Half Marathon, Warrington
4 Oct Sandstone Trail Race (A – 17.1 miles / B - 10.6 miles)
11 Oct Congleton Half and Quarter Marathon
18 Oct National YA Road Relays, Birmingham
25 Oct Halloween Hellraiser 8.75ml MT, South Cheshire H
7 Nov Langley 7, nr Macclesfield
29 Nov Northern Athletics 10 mile Championships, Thirsk
13 Dec Tatton Pud Plod 10K and Fun Run (Cheshire Hash House Harriers)
26 Dec Chester 'Round-the-Walls'
27 Dec Northern Athletics 10K Championships, Ribble Valley, Clitheroe

2010

- 17 Jan? 4 villages half marathon, Helsby
28 Mar Wilmslow Half Marathon
25 Apr LONDON MARATHON

NW Counties Road Relay entry forms are available on the Cheshire web site and have been e-mailed to clubs.

Northern Athletics Road Relay entry forms are on the northern athletics web site..

FIXTURES - Cross Country

2009

- 24 Oct Manchester Area League Round 1 – Heaton Park
15 Nov Manchester Area League Round 2 – Sherdley Park
12 Dec Manchester Area League Round 3 – Boggart Hole Clough

2010

- 3 Jan Manchester Area League Rd 4, Woodbank Park
23 Jan Northern Championships, Witton Park
30 Jan Manchester Area League Rd 5, Wythenshaw Park
27 Feb English National Championships, Leeds
13 Mar World CAU Trials – location tbc

The 2010 Cheshire Cross Country Championships will be held at Crewe on 9 or 10 January. However, for these championships to proceed a Championship Secretary is required. [Offers to the Country Secretary, Brian Warren, please.](#)

FIXTURES - Fell Racing

FIXTURES – Track and Field

2009

- 8-9 Aug NW Combined Events Open, U17-Masters, Sportcity
9 Aug U17&U15 Championships, Bedford

- 9 Aug Cheshire T&F League Round 3
15/16 Aug U17 & U15 Combined Events Championships, Bedford
18 Aug Northern Athletics U20 3K Championships, Trafford
29 Aug Northern Inter-County Championships, Wigan
6 Sep Cheshire T & F League, Round 4
13 Sep Cheshire Combined Events Championships, U13- only (U17 Open competition) plus U11 age group, Macclesfield
17 Sep Joe Moran Memorial T&F Meeting, Sportcity 7.00-9.00pm tinpet40@yahoo.co.uk for details (veterans up to U70)
19 Sep Jumps and Throws Meeting, Liverpool
21 Nov Northern Indoor Open, Sheffield
12 Dec Northern Indoor Open, Sheffield

Another request for help: a person or persons is/are required to act as Team Manager(s) for the Cheshire teams for the Northern Inter-County T&F Championships at Wigan on 29 August. Again, please contact the County Secretary in the first instance.

FIXTURES - SPORTSHALL ATHLETICS

- 22 Nov FIA North West Final Sport City
28.2.10 U13 & U15 North West Final, Wigan
League dates are still to be finalised.

CHESHIRE & WARRINGTON SPORTS PARTNERSHIP COURSES

A Club for All

22 Sep Alsager

Basic First Aid

9 Sep County Officers Sports Club, Chester
21 Sep Chester University, Padgate Campus

Equity in your Coaching

24 Sep Macclesfield

Safeguarding and Protecting Children

15 Sep Winsford/Northwich
28 Sep Chester University, Padgate Campus

Note that the above courses are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation/reaccreditation for Clubmark. For further information please telephone 01606 871812.

UK coaching courses (local to Cheshire)

Children in Athletics

5 Dec NC0051 Sportcity £60

Level 1

19 Sep & 11 Oct NUK01 Sportcity plus Assessment Day (tbc) £150

Run in England - Leadership in Running Fitness

10.10.09 NC0046 Woodbank Park, Stockport £90
17.10.09 NC0050 Sportcity £90

Level 2 (Core)

12-13 Sep NW2C248/02 Litherland Stadium £140

Level 2 (Event) Sport City

26 Sep NC0004 Speed £30
26 Sep NC0005 Throws £30
27 Sep NC0006 Endurance £30
27 Sep NC0007 Jumps £30

Level 3 Module - Strength and Conditioning

29-30 Aug NC0008 Sportcity £100
12-13 Dec NC0009 Sportcity £100

Level 3 Phases 1, 2 and 4

Qualification to be introduced in January 2010 - Venues and fees to be confirmed.

Subsidised places are available – funding information can be obtained from Sarah Friday (contact information below). PLEASE BOOK EARLY AS COURSES FILL UP QUICKLY. Application forms and cheques to be returned to England Athletics, Education and Customer Services, Wellington House, Birmingham International Park, Solihull, Birmingham, B37 7HE or some courses can be booked online at www.englandathletics.org.

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator. Eddie recommends that all clubs who have licensed coaches to keep a watch on CRB renewals which are coming up (a 3 year cycle) to ensure their licence remains valid.

A brief note to explain the new Vetting and Barring Scheme which is in addition to CRB can be viewed on the County website.

NEW copies of the AAA standards scheme are available – many thanks to Edwin Bellamy. Follow links to Edwin Bellamy to download a copy.

Officials

Debbie Beresford is the Education Co-ordinator for the North of England. She is based at Sports City (0161 230 8184, dberesford@englandathletics.org)

Sarah Friday (sfriday@englandathletics.org) is the Coach and Club co-ordinator for Cheshire and for Greater Manchester. (Tel : 0161 230 8184).

The next County Meeting will take place at Fluin Lane, Frodsham on Wednesday 2 September commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative.

INFORMATION for the NEWSLETTER :

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy):
jamesandellenmolloy@btopenworld.com