

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER - January 2009

ROAD and MT RACE FIXTURES in CHESHIRE

2009

18 Jan 4 Villages ½ marathon, Helsby (GP1) (RACE FULL)
 1 Feb Alsager 5 mile (GP2) almost full
 15 Feb Walk for Water
 22 Feb High Legh 10 (RACE FULL)
 1 March Farndon 10K
 29 March Wilmslow Half Marathon (GP3) race full
 4 April Cheshire YA Spring Relays, Marbury Park, nr Northwich
 5 Apr Northern 12/6 Stage relays, Stockport
 8 April Chester Spring 5 mile (*Cheshire County Championship*)
 12 April Run the Bridge 5 mile, Runcorn
 12 April South Cheshire 10K, Crewe (GP4) (*Cheshire County Championship*)
 19 April Whitley 10K
 26 April *London Marathon*
 1 May Delamere Trail series
 16 May Eagle & Crossfield 5K, Warrington
 17 May Chester half-marathon (*entries open Monday Jan 19th www.sportssystem.net/chester*)
 27 May Mobberley 5 mile MT
 30 May Pete Lowe Memorial Hollins Green 5K (*Cheshire County Championship*)
 1 June Delamere Trail Series
 14 June Capenhurst 10K
 18 June Lymm 5K (GP5)
 19 June Tattenhall Tough Team Race
 21 June Warrington RR 10K
 1 July Forest Park Ladies 5K
 18 Jul Burtonwood 5 mile
 29 Jul Alderley Edge 4ml MT
 ?? Aug Pie & Peas 5 mile MT (GP6)
 1 Aug Delamere Trail series
 16 Aug Great Warford 10 mile (GP7) (*Cheshire County Championship*)
 23 Aug Birchwood 10K
 20 Sep Antrobus Cabbage Canter 10K
 20 Sep Sutton 6 10K, nr Chester (GP8)
 27 Sep Macclesfield Half Marathon (*Cheshire County Championship*)
 7 Nov Langley 7 (nr Macclesfield)
 26 Dec Chester 'Round-the--Walls'

CROSS COUNTRY

2009

24 Jan. Northern Athletics X-Country Champs., St Helens
 7 Feb Manchester Area X-C League, Wythenshaw -Park
 21 Feb English National X-Country Champs., London
 7 March Inter-Counties championships, Nottingham
 21 March English Schools' Championships, Leicestershire

The 2009 County CC Championships were held in frozen and freezing conditions (at least, that's what it felt like to the officials!) at Knight's grange, Winsford. Full results can be found on the County web site.

Many thanks to all who helped and in particular to Shaun McGrath for devising and setting out the course with his army of local helpers and to our new championship secretary, Ann Collier, in dealing with entries and numerous enquiries and who also produced the results on the day with her husband.

U11 Girls
 C McCauley, H Knowles-Jones, L Smith (Warrington)
 U13 Girls
 L Towers, J Evans (Vale Royal), J Parsons (Halton and Frodsham)
 U15 Girls
 M Huxley (Vale Royal), D Wallis (Macclesfield), T McCormick (V Royal)
 U17 Girls
 N Meadows (V Royal), R Jefferson (Warrington), C Mills (Vale Royal)
 U20 Women
 A Talbot, K Titlow (Warrington)
 Senior Women
 O Walwyn (Altrincham), S Stockton (Vale Royal), L Tanner (Warrington)
 Veteran Women
 J Saunders (Wilmslow) N Lowe (S Cheshire), H Stockman (Macclesfield)
 U11 Boys
 L Sharman, K Smithyman-Harding (Warrington), H Healy (Vale Royal)
 U13 Boys
 M Hulse (Halton and Frodsham), N Tipping, P Standerling (Vale Royal)
 U15 Boys
 C Goodwin (West Cheshire), C Murray (Macclesfield), L Renton (West Cheshire)
 U17 Boys
 A Clewes (Vale Royal), T Jervis (Warrington), L Hilton (Macclesfield)
 U20 Men
 L Walker, D Cliffe, S Broadhurst (Warrington)
 Senior Men
 J Bailey (Sale), J Horman (Liverpool H), S Mitchell (Bristol and West)
 Veteran Men
 M Fowler (Wilmslow), D Alexander (West Cheshire), T Annable (Vale Royal)

FELL RACING

2009

1 March Cloud Nine Hill Race, Congleton

Information provided by Alan Barlow (Fell RA) while helping out at our CC championships, highlighted the performance of Tim Pattison (Macclesfield H) in running for the England junior men's team at the World trophy event in Switzerland in September. We had already noted Heather Timmins' run as second counter in the winning Junior womens team at the same event. This was the last occasion on which separate teams from the Home countries will compete as the IAAF have now given it World championship status which means that a combined GB team has to compete. In the same Fellrunner magazine I noted that Elizabeth Hawker who we believe lives in Chester, a former world 100km champion and record holder for the Everest Base Camp to Katmandu trek, was first lady (14th overall of 1269 finishers) in the Ultra Trail du Mont Blanc in August 2008. This event covers 166km (about 104 miles) with 9400m (31,000 ft) of climbing. Also competing (and completing) was Simon Ellis of Tattenhall whose son James (now a member of Warrington AC) is an up and coming fell runner. Three Macclesfield

H members also completed this ultra event – Mike Nelson, Peter Coppack and Alex Langdon. (*John Driscoll*)

TRACK AND FIELD

Track & Field - Fixtures

2009

17-18 Jan.	NA Sen. & U20 Indoor Champs., Sheffield
25 Jan.	NA U17 & U15 Indoor Champs., Sheffield
4 Feb	Manchester Indoor, Sportcity
7-8 Feb	U15/U17 and U20 Championships
8 Feb	Indoor City Cup Final, Sheffield
26 April	National Junior League Round 1
2 May	Northern League Round 1
3 May	YAL Round 1
9-10 May	County Championships – probably Warrington
17 May	YAL Round 2
24 May	National Junior League Round 2
23-24 May	U17&U15 Champs., Gateshead
31 May	YAL Round 3
6 June	Northern League Round 2
14 June	National Junior League Round 3
20 June	Senior and U20 Champs., Sportcity
21 June	YAL Round 4
5 July	Northern League Round 3
10-12 July	World Trials & UK Champs., Birmingham
19 July	YAL Round 5
26 June	National Junior League Round 4
2 August	Northern League Round 4

Carl Van Schie of West Cheshire Athletic Club, was third Northern athlete and thirteenth overall in the England Athletics Senior Open and U20 Combined Events Championships, held at Sheffield on 10 and 11 January, with a new personal best total of 4409 points.

Athletics for the Young Charity seeks applications from athletes under the age of 23 who are in full-time education or equivalent, and who are not receiving other funding, to apply for assistance. The offer is open until the end of February. For further information contact Alan Barlow on runalan55@hotmail.com. Please also check out the Northern Athletics website.

POLE VAULT DEVELOPMENT SQUADS 2008-2009

Cost £3.00 per day. All sessions will be held at Sportcity, Manchester. Ideal athlete age range is 13-17 years. This is a development squad with coaches invited to attend alongside their athletes. For further information please contact Rod Grant-Smith on Mobile 07984 516479 / email address leogrant@tiscali.co.uk

	10.00-13.00	13.00-16.00
Saturday 24 January	Novice	Experienced
	12.00-16.00	
Saturday 21 February	Combined groups	
Saturday 1 March	Combined groups	
Saturday 25 April	Combined groups	

COMBINED EVENT SQUADS 2008-2009

Cost for these training sessions will be £3.00 per day and all sessions will be held at Sportcity, Manchester. Coaches are also invited to attend the sessions, with or without their athletes to assist or to observe. Age range is from 15 through to Seniors, and you will be able to

choose from three events on the day. Packed lunch, drink bottles and suitable clothing for both indoor and outdoor work. Events on offer will be High Jump, Long Jump, Pole Vault, Hurdles, Javelin, Shot and Discus.

SUNDAY 10.00am – 3.00pm

25 January 2009

22 February 2009

22 March 2009

For further information please contact Roger Devlin:

Telephone 0161 962 8973 / Mobile 07802403821

Email – rogerdevlin@btinternet.com

UKA Coaching Courses (local to Cheshire)

Subsidised places are available - funding information is available from Katie Jones kjones@englandathletics.org. (Cheshire). Please book early – several courses are already full.

CHILDREN IN ATHLETICS

NW3CA75 - 28.2.09 Sportcity

JOG ENGLAND

NWJOG03 - 14.3.09 Sportcity

LEVEL 1

NW1C178/02 - 17.1.09 Macclesfield

NW1C167/02 - 31.1.09 Sportcity Manchester

NW1C172/04 - 11.4.09 Litherland

NW1C169/02 - 26.4.09 Cumber4land Track, Crewe

LEVEL 2 – CORE

NW2C250/02 - 18-19.4.09 Sportcity

NW2C247/02 - 13-14.6.09 Cumberland Track, Crewe

NW2C251/02 - 11-12.7.09 Sportcity

NW2C248/02 - 12-13.9.09 Litherland

LEVEL 2 EVENT SPECIFIC

NW2CS04 - 4.4.09 Speed Sportcity

NW2CT05 - 4.4.09 Throws Sportcity

NW2CE04 - 5.4.09 Endurance Sportcity (Fully booked)

NW2CJ04 - 5.4.09 Jump Sportcity

LEVEL 3 MODULE STRENGTH AND CONDITIONING

NW3SC05/02 - 28.2.09-1.3.09 Sportcity

LEVEL 3 PHASE 2 – MUST ATTEND ALL 3

NW2C110/02 - Sportcity

4&11 March 2009 - 6.30pm-9.30pm

14 March 2009 - all day

LEVEL 3 – PHASE 4 – EVENT SPECIFIC

6-7.6.09 - Sportcity

NW3CS014 - Sprints

NW3CE02 - Endurance

EDM Courses will be held early in 2009

Details of courses at other venues can be found on www.ukathletics.net

Information on Funding Opportunities for U23s is available via a link from the Northern Athletics website.

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator

The NW Regional administrator is Debbie Beresford at Sports City (0161 230 8184,
dberesford@englandathletics.org

New e-mail address for County Secretary : Brian Warren : bjwarren@talktalkbusiness.net

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy):

jamesandellenmolloy@btopenworld.com

ALL CONTRIBUTIONS WILL BE GRATEFULLY RECEIVED.

COMMUNICATIONS

Please ensure your club members see this Newsletter. Cheshire AA Newsletters can be viewed on the Cheshire AA website.

The AGM of Cheshire County AA will be held on Wednesday, 4th February 2009 at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. We would like to see as many clubs as possible represented at this meeting.

Remember to look at: www.cheshireaa.com