

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER - July 2009

ROAD and MT RACE FIXTURES in CHESHIRE

2009

| | |
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| 18 July | Burtonwood 5 mile |
| 23 July | Delamere Trail Series |
| 29 July | Alderley Edge 4ml MT |
| 5 Aug | Pie & Peas 5 mile MT, nr Winsford (GP6) |
| 16 August | Great Warford 10 mile (GP7) (<i>Cheshire County Championship</i>) |
| 23 August | Birchwood 10K |
| 26 Aug | Urenco Capenhurst 5K (Ellesmere Port RC) |
| 27 Aug | Delamere Trail series |
| 13 Sep? | Sandbach 6 |
| 20 Sep | Antrobus Cabbage Canter 10K |
| 20 Sep | Sutton 6 10K, nr Chester (GP8) |
| 26 Sep | Northern Athletics 6/4 Stage Relays, Leeds Met Univ, Headingley Campus |
| 27 Sep | Macclesfield Half Marathon (<i>Cheshire County Championship</i>) |
| 27 Sep | Northern Athletics YA Relays, Headingley, Leeds |
| 4 Oct | "English" half marathon, Warrington |
| 4 Oct | Sandstone Trail Race (A – 17.1 miles / B - 10.6 miles) |
| 11 Oct | Congleton Half & Quarter Marathon |
| 18 Oct | National YA Road-Relays, Birmingham |
| 25 Oct | Halloween Hellraiser 8.75ml MT, South Cheshire H, |
| 7 Nov | Langlely 7 (nr Macclesfield) |
| 29 Nov | Northern Athletics 10 mile Championship, 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 Champs, Ribble Valley Clitheroe |
| 2010 | |
| 17 Jan? | 4 Villages half-marathon, Helsby |
| 28 Mar | Wilmslow half-marathon |
| 25 Apr | LONDON MARATHON |

The 5th race in the Cheshire GP series was held in the Lymm 5K on June 20th. Hanicap winners were Julia Wrigglesworth (Warrington RR) and Tony Collier (Styal RC). The next two GP races are in August as shown above

CROSS COUNTRY

2009

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|--------|--|
| 24 Oct | Manchester Area League R1, Heaton Park |
| 15 Nov | Manchester Area League R2, Sherdley Park |
| 19 Nov | Manchester Area League R3, Boggart Hole Clough |

2010

| | |
|----------|---|
| 3 Jan | Manchester Area League R4, Woodbank Park |
| 23 Jan | Northern Championships. Witton Park |
| 30 Jan | Manchester Area League, R5, Wythenshaw Park |
| 27 Feb | English National Championships, Leeds |
| 13 March | World CAU XC Trials, location tbc |

The 2010 Cheshire Cross Country Championships will be held at Wistaston, Crewe on 9th or 10th January.

However for these championships to proceed a Championship secretary is required. Offers to the County Secretary, Brian Warren, please.

FELL RACING

TRACK AND FIELD

Track & Field - Fixtures

2009

| | |
|------------|---|
| 19 July | YAL Round 5 |
| 26 June | National Junior League Round 4 |
| 2 August | Northern League Round 4 |
| 8-9 August | NW Combined Events Open, U17-Masters, Sportcity |
| 8-9 August | 17 & U15 Championships, Bedford |
| 9 August | Cheshire T & F League Round 3 |
| 15-16 Aug | U17 & U15 Combined Events Championships, Bedford |
| 29 Aug. | Northern Inter-County Championships, Wigan |
| 6 Sep | Cheshire T & F League Round 4 |
| 13 Sep | Cheshire Combined Events for U13 and U15 (U17 is Open only), Macclesfield (also competition for U11s) |

ANOTHER REQUEST FOR HELP : a person or persons 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.

NOTE – entry forms for the Junior Combined Events Championships are now available on the County website

Senior and U20 England and Northern Combined Events – Carl Van Schie (West Cheshire) finished 3rd (North) and 11th (UK) with a total points score of 6352 (=pb).

County Relay Championships (complete results on county website)

4 x 100m A final West Cheshire A; B Final W Cheshire C, U11 Boys – A final Warrington A; B Final C and N B. U13 girls W Cheshire A. U13 boys Warrington A. U13 girls W Cheshire A. U15 boys C and N A. U17 Ladies – W Cheshire. U17 Men – C and N (new record). Ladies W Cheshire (new record) Men Macclesfield. Vet. Ladies W Cheshire. Vet. Men W Cheshire.
3 x 60m U11 girls Stockport A. U11 boys Warrington B. 3 x 900m U13 girls Warrington A. U13 boys C and N A. U15 girls V Royal A. U15 boys V Royal A. U17 ladies V Royal A. U17 men– Warrington A. Ladies V Royal.. Men V Royal A. Medley relay - U15 girls W Cheshire. U15 boys Warrington A. U17 ladies C and N. U17 men Warrington A. Mens Macclesfield.

English Schools' Information

Cheshire-based athletes travelled to Sheffield's Don Valley Stadium for the 2009 English Schools competition. Cheshire-based athletes results are as follows:

Senior Boys: J Stringer Vale Royal, 800m 1.59.06; H Ellis Warrington, 1500m 3.53.0; D Cliffe Warrington, 3K 8.36.6; M Jackson Warrington, 2K s/chase 6.04.3(3rd). Inter Boys: L Clowes Crewe and Nantwich, 200m 21.61(2nd); L Hilton Macclesfield, 800m 2.07.66; S Dykes Warrington, 800m 1.56.59; A Nicholls, Long Jump 6.02m. Junior Boys J Platt Crewe and Nantwich, 200m 22.97m; J Gleave Warrington, 800m 2.04.74; Z Bamber 1500m 4.25.19; M Spencer Shot Putt 13.05m; D Carrick 200m 29.66. Junior Girls: A McMahon West Cheshire, 200m 25.55; Senior Girls: S Kelman West Cheshire, 200m 25.7; B Potter West Cheshire, 200m 25.6; R Craigie (Vale Royal) 1500m 4.36.6 (2nd); A Talbot Warrington, 1500 s/chase 5.08.36. Inter Girls D Bentley Sale, Javelin 42.94m(2nd); V Anderson Vale Royal, High Jump 1.65m; Katie Gardner City of Stoke, Long Jump 5.10m; S Fraser, Shot 10.69m; M Huxley Vale Royal, 3k 10.03.81. Junior Girls: D Wallis Macclesfield, 1500m

4.44.22; A Jennings West Cheshire, 75m hurdles 12.1; L James Crewe and Nantwich, Long Jump 5.21m; Kelly Baker West Cheshire, Shot 9.62m.

England Athletics - Cheshire Athletics Networks – as some of you may already know, although the Cheshire submission was unsuccessful, the panel considered that there were some strong elements.

The application process has been amended and issued with criteria. There is now a basis to build on from the original plan. Sarah Friday (EA Club and Coach Development Officer for Cheshire) has sent information to all clubs and is awaiting responses from you. Items from the original bid which received favourable comments were :

1. Improve performance and technique in Hammer and Discus for both athletes and coaches. Include talent ID in schools.
2. Develop PV within the County by training more coaches; all year training; improve and add to the athlete base.
3. Teach and enhance strength of athletes across all disciplines (includes RR, Fell, XC). Utilise gymnastics, core stability, circuit training and movement skills.
4. Set up forums for coaches and clubs to share knowledge, good practice and aim to overcome barriers to competition and improvement.
5. Provide more local competitions for younger athletes.

At the County meeting on July 15th, Sarah stated that the initiative must be CLUB led (and not County led). She is requesting clubs to contact her indicating their interest in one or more of the areas above so she can process the application for funding in September. **PLEASE RESPOND** – Sarah's contact details are at the end of this Newsletter. This is likely to be the last chance for Cheshire clubs to access funding from EA for some time.

New Rulebooks - UKA athletics are giving Clubs the opportunity to make suggestions for changes to the 2010 Rulebook. Suggestions can be forwarded by both individuals and by Counties, but individuals' suggestions must be supported by their Clubs/Associations. Recommendations should be made to UKA by 31 July 2009.

Cheshire and Warrington Sports Partnership Courses

| | |
|---------|---|
| | A Club for All |
| 8.7.09 | Lymm High School |
| 22.9.09 | Alsager |
| | Basic First Aid |
| 17.6.09 | Lymm High School |
| 9.7.09 | Macclesfield Leisure Centre |
| 9.9.09 | County Officers Sports Club, Chester |
| 21.9.09 | Chester University, Padgate Campus |
| | Equity in your Coaching |
| 22.6.09 | Wyvern House, Winsford |
| 13.7.09 | Ellesmere Port Fire Station |
| 24.9.09 | Macclesfield |
| | Safeguarding and Protecting Children |
| 24.6.09 | Wyvern House, Winsford |
| 29.6.09 | Lymm High School |
| 2.7.09 | County Officers Sports Club, Chester |
| 15.9.09 | Winsford/Northwich |
| 16.9.09 | Alsager |
| 28.9.09 | 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.

UKA Coaching Courses (local to Cheshire)

Subsidised places are available - funding information is available from Sarah Friday who can be contacted at sfriday@englandathletics.org (PLEASE BOOK EARLY COURSES FILL UP QUICKLY)

LEVEL 2 – CORE

NNW2C251/02 - 11-12.7.09 Sportcity
NW2C248/02 - 12-13.9.09 Litherland

LEVEL 2 EVENT SPECIFIC

LEVEL 3 PHASE 2 – MUST ATTEND ALL 3

LEVEL 3 – PHASE 4 – EVENT SPECIFIC

NW3CS014 - Sprints
NW3CE02 - Endurance

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

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

With the changes to the structure of England Athletics a new Education Co-ordinator has been appointed for the North of England Debbie Beresford at Sports City (0161 230 8184, dberesford@englandathletics.org)

Sarah Friday (sfriday@englandathletics.org) has been appointed by England Athletics as the Coach and Club co-ordinator for Cheshire and for Greater Manchester. (Tel : 0161 230 8184).

The next County Meeting will take place at Fluins 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

ALL CONTRIBUTIONS WILL BE GRATEFULLY RECEIVED.

COMMUNICATIONS

Please ensure your club members see this Newsletter.

Cheshire AA Newsletters can also be viewed on the Cheshire AA website.

Remember to look at: www.cheshireaa.com