

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER - June 2009

### ROAD and MT RACE FIXTURES in CHESHIRE

#### 2009

7 June	Capenhurst 10K (Capenhurst Running Club)
12 June	Dunham Massey 5K (N Cheshire RACE 4)
18 June	Woolston Pk 10K, Warrington RR
19 June	Tattenhall Tough Team Race
20 June	Lymm 5 K (NCheshire 5) (GP5)
25 June	Delamere Trail Series
1 July	Forest Park Ladies 5K
12 July	Northern Athletics 5K Championships, Blackburn
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) ( <b>Cheshire County Championship</b> )
23 August	Birchwood 10K
26 Aug	Urenco Capenhurst 5K (Ellesmere Port Running Club)
27 Aug	Delamere Trail series
13 Sep?	Sandbach 6
20 Sep	Antrobus Cabbage Canter 10K
20 Sep	Sutton 6 10K, nr Chester (GP8)
20 Sep	Boggart Chase
26 Sep	Northern Athletics 6/4 Stage Relays, Leeds Met Univ, Headingley Campus
27 Sep	Macclesfield Half Marathon ( <b>Cheshire County Championship</b> )
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 & 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 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
<b>2010</b>	
28 Mar	Wilmslow half-marathon
25 Apr	LONDON MARATHON

The inaugural County 5K road running championship was held in conjunction with the Hollins Green event (part of the North Cheshire 5K series) on a hot Saturday afternoon at the end of May.

Championship medal winners were :

**Men** : 1<sup>st</sup> Steven Crowe (Ellesmere Port)  
 2<sup>nd</sup> Graham MacNeil (Wilmslow) + O40 medal  
 3<sup>rd</sup> Graham Ratcliffe (Wirral AC) + O50 medal  
**Ladies** : 1<sup>st</sup> Heather Timmins (Warrington AC)  
 2<sup>nd</sup> Alison Hartopp (Macclesfield) + O35 medal  
 3<sup>rd</sup> Gemma Barnett (Vale Royal)  
 Marian Martin (Spectrum Striders) won the O45 medal

### CROSS COUNTRY

#### 2009

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
<b>2010</b>	
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

### **IMPORTANT NOTICE – A host is being sought for the 2010 Cheshire Cross Country Championships.**

**And also a Championship secretary.**

**Offers to the County Secretary, Brian Warren, please.**

### FELL RACING

#### 2009

10 June	Boars Head Race, Higher Poynton 7:30pm ( <b>Cheshire Championship</b> ). Organiser : D Jones, Pennine Fell Runners
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Inter County Fell race took place Saturday 23 May. Highlight was a win for Olivia Walwyn (Altrincham) 52.36. Other ladies in the Cheshire team which was placed 6<sup>th</sup> were Sarah Hammond 23<sup>rd</sup> 1.04.30; Janet Hatton 26<sup>th</sup> 1.05.14; Kate Sutton 35<sup>th</sup> 1.10.54. Cheshire men were 10<sup>th</sup> team: Damien Nichol 14<sup>th</sup> 48.58; Malcolm Fowler 29<sup>th</sup> 51.43; Tom Bush 41<sup>st</sup> 53.54; Simon Harding 53<sup>rd</sup> 59.48.

### TRACK AND FIELD

#### Track & Field - Fixtures

#### 2009

6 June	Northern League Round 2
6 June	Tom Pink Relays and associated events, Widnes
13-14 June	Sen. & U20 Combined Events Champs., Stoke
14 June	National Junior League Round 3
20 June	Northern Senior and U20 Champs., Sportcity
21 June	YAL Round 4
27-28 June	U23 & U20 Championships and Euro Trials, Bedford
28 June	DASH Quadrathlon, Sportcity (U9 – U15) www.dashathletics.co.uk
4 July	County T&F Relay Championships, Ellesmere Port
5 July	Northern League Round 3
10-12 July	World Trials & UK Champs., Birmingham
12 July	Cheshire T & F League, Round 2
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
6 Sep	Cheshire T & F League Round 4
13 Sep	Cheshire Combined Events Open, U13-U17, Macclesfield (also competition for U11s)

### **Cheshire Track and Field Championships**

The Championships were held over the weekend of 8-9 May at Warrington. The number of entries was up on last year, and fortunately, the weather was reasonably kind to us. Thanks are due to those people who worked hard over the two days to ensure that the event went off without a hitch. The number of volunteers seems

to be decreasing, so perhaps participating Clubs could ponder on sending along some extra helpers next year.

Championship best performances were set by the following athletes: A Kirsopp (Warrington) U13B 75m Hurdles; J Gleave (Warrington) U15B 800m; L Clowes (C & N) U17Y 200m and 400m; A Barton (Sale) U17L Hammer; W Lowndes (Liverpool H) SM Hammer; N Clowes (C & N) U13B Javelin; R Davies (City of Stoke) U17M Long Jump; M Robbins (C & N) SL Triple Jump; D Bentley (Sale H) U17L Javelin; H Beeton Warrington) U15 Girls Hammer.

Winner of the Marie Birkenhead Trophy was Danielle Wallis (Macclesfield).

Best Track Performance (Male) – Ashley Kirsopp of Warrington.

Best Track Performance (Female) – D Wallis of Macclesfield.

Best Field Performance (Male) – D McKay of West Cheshire.

Best Field Performance (Female) – D Bentley of Sale Harriers.

### John Young Award.

Each year Cheshire County AA present an award to a person in Cheshire who has provided significant service to athletics in the county. At the county Track & Field championships this year, the 2009 recipient was presented with the award. It went to Ellen Molloy who has helped at County events for many years and took on editing and producing the County Newsletter several years ago. Ellen is also very active on the Sportshall side keeping track of performances by Cheshire club athletes in this branch of athletics. (*J Driscoll*)

England Athletics National Awards – Nominations are now being sought in various categories. The closing date is 1 August. Further details can be found on the England Athletics website.

### NA U15 & U17 T&F Championships

Liam Clowes (C&N) won the U17 Men 100m, and was second in the 200m event. Other double medal wins were achieved by Jack Gleave (Warrington) 1<sup>st</sup> in U15 boys 400m and 2<sup>nd</sup> in 800m and Alice McMahon (West Cheshire) 3<sup>rd</sup> U15 girls 200m, 2<sup>nd</sup> 100m. Josh Platt (C&N) was 2<sup>nd</sup> in U15 boys 200m and Alice Jennings (West Cheshire) was 3<sup>rd</sup> in U15 girls High Jump.

Liam was also a medal winner for Northern Athletics at their match in Malta, reported in the May Newsletter

### Cheshire and Warrington Sports Partnership Courses

#### A Club for All

11.6.09 County Officers Sports Club, Chester

18.6.09 Macclesfield LC

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](mailto:sfriday@englandathletics.org) (PLEASE BOOK EARLY COURSES FILL UP QUICKLY)

#### LEVEL 2 – CORE

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

#### LEVEL 3 PHASE 2 – MUST ATTEND ALL 3

#### LEVEL 3 – PHASE 4 – EVENT SPECIFIC

6-7.6.09 - Sportcity

NW3CS014 - Sprints

NW3CE02 - Endurance

Details of courses at other venues can be found on [www.ukathletics.net](http://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.

### Athletics for the Young Grant Exercise 2009

Several Cheshire athletes were successful in being awarded grants under the above scheme. PUMA, who helped in the administration of the scheme, are also offering 15% discount on all products, plus special discounts on other products- via Start Fitness link.

#### 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](mailto:dberesford@englandathletics.org))

Sarah Friday ([sfriday@englandathletics.org](mailto: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).

Dave Gough and Mark Thornley of Vale Royal AC are cycling from Land's End to John o' Groats. Sponsorship in aid of the Dystonia would be welcomed and you are able to check out their blog at <http://valeroyal seniors.webs.com/apps/blog/>

The next County Meeting will take place at Fluins Lane, Frodsham on Wednesday 3 June. 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](mailto: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](http://www.cheshireaa.com)