

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER - March 2009

### ROAD and MT RACE FIXTURES in CHESHIRE

2009

- 29 March Wilmslow Half Marathon (**GP3**) race full
- 4 April Cheshire YA Spring Relays, Marbury Pk, 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 Air Products South Cheshire 10K, Crewe (**GP4**) (**Cheshire County Championship**)
- 19 April Whitley 10K
- 26 April London Marathon
- 1 May Delamere Trail series
- 8 May Christleton 5K
- 10 May South Cheshire H 20 mile, Shavington, nr Crewe
- 16 May Eagle & Crossfield 5K, Warrington
- 17 May Shell Chester half-marathon (**RACE FULL**)
- 28 May Moberley 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 Woolston Pk 10K, Warrington RR
- 19 June Tattenhall Tough Team Race
- 20 June Lymm 5 (**GP5**)
- 1 July Forest Park Ladies 5K
- 18 July Burtonwood 5 mile
- 29 July Alderley Edge 4ml MT
- ?? Aug Pie & Peas 5 mile MT (**GP6**)
- 1 August Delamere Trail series
- 5 August Christleton 5
- 16 August Great Warford 10 mile (**GP7**) (**Cheshire County Championship**)
- 23 August Birchwood 10K
- 20 Sep Antrobus Cabbage Canter 10K
- 20 Sep Sutton 6 10K, nr Chester (**GP8**)
- 27 Sep Macclesfield Half Marathon (**Cheshire County Championship**)
- 4 Oct "English" half marathon, Warrington
- 11 Oct Congleton Half & Quarter ~Marathon
- 25 Oct Halloween Hellman 8.75ml MT, South Cheshire H,
- 7 Nov Langley 7 (nr Macclesfield)
- 26 Dec Chester 'Round-the--Walls'

Two races have now been completed in the Cheshire Road Running GP series for 2009, with new clubs and individuals performing well challenging those who have won in previous seasons. Full details are on [www.cheshireaa.com](http://www.cheshireaa.com)

A summary of road running performances and participation in 2008 by members of Cheshire clubs has been prepared by John Driscoll and is available from him on [jld@sunnyfield.co.uk](mailto:jld@sunnyfield.co.uk) Some of the information will appear on the Cheshire AA website

### CROSS COUNTRY

2009

- 7 March Inter-Counties championships, Nottingham
- 21 March English Schools' Championships, Leicestershire
- 22 April Goyt Valley 10K Trail race

The Schools' inter-county competition was held at Castle Park on Saturday. Cheshire won the team event in both the girls and boys

age group competitions. For a complete list of results please check out the Cheshire website.

Several Cheshire athletes have taken part in representative cross country meetings for England abroad recently. Lawrence Walker took part in the 5 Mills race in Italy; Rebecca Craigie ran in the Juniors meeting in Portugal.

The National CC Championships at Parliament Hill Fields on Hampstead Heath, north London brought success to Cheshire clubs and individuals. Top 20 individual places were achieved by Stevie Stockton (4<sup>th</sup> Under 20); Rebecca Craigie (8<sup>th</sup> U17); Matt Jackson (11<sup>th</sup> Under 20) and Andrew Clews (14<sup>th</sup> U17). Team wise congratulations to the U17 Ladies team from Vale Royal who took the silver medals.

### FELL RACING

2009

- 10 June Boars Head Race, Higher Poynton 7:30pm (**Cheshire Championship**). Organiser : D Jones, Pennine Fell Runners

### TRACK AND FIELD

#### Track & Field - Fixtures

2009

- 7-8 March U17 & U15 CE Championships, Sheffield
- 8 March Indoor Open, March
- 19 April Cheshire T & F League Round 1
- 25 April Macclesfield Open
- 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
- 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
- 9 August Cheshire T & F League Round 3
- 6 Sep Cheshire T & F League Round 4

**Congratulations** to Jack Gleave from Warrington AC, Lloyd Hilton from Macclesfield AC and Alice McMahon from West Cheshire AC who triumphed at the England U20/U17/U15 Indoor Championships held at Birmingham. Alice won the U15 Girls' High Jump, whilst Jack won the U15 Boys 800m and Lloyd came home first in the U17 Youths 800m.

Omitted from the February newsletter were the following Cheshire successes from the U15/U17 Northern Indoor Championships.

U17Y Long Jump – 3<sup>rd</sup> – R Davies, Macclesfield; U15G High Jump – 1<sup>st</sup> A Jennings, West Cheshire; U17Y 60m Hurdles – 3<sup>rd</sup> - J Gladman, Warrington; U17W 60m – 3<sup>rd</sup> – L Ferrie, West Cheshire; U17Y 800m – 1<sup>st</sup> – L Hilton, Macclesfield; 2<sup>nd</sup> – S Dykes, Warrington;

U15B 800m – 1<sup>st</sup> – J Gleave, Warrington; U15G 60m – 3<sup>rd</sup> – A McMahon, West Cheshire.

**Best wishes** to three Warrington AC athletes who have been selected for the Northern Team to travel to Malta for an international match. Stephen Broadhurst will compete in the 1500m, Harry Ellis in the 3K and Amy Talbot will take part in the Steeplechase. Stephen has also been selected for Team Manchester in the 1500m in the final of the inter-Cities Indoor competition at Cardiff.

### **SPORTSHALL ATHLETICS**

Congratulations to the Cheshire U13 Boys' and Girls' Teams, and also the U15 Girls' Team who have all qualified to progress to Birmingham for the UK finals in March. The U15 Boys' Team must wait to see if they qualify as the 'closest finishing' second-placed team.

Meanwhile the North West League finals took place at Robin Park on 1 March. Honours in the morning's U11 event went to Halton & Frodsham (girls) and Crewe & Nantwich (boys). The afternoon saw the turn of the older athletes, with West Cheshire winning the U15 boys' and girls' competitions, whilst Crewe & Nantwich were winners in the U13 age group.

### **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

12.00-16.00

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  
22 March 2009

For further information please contact Roger Devlin:  
Telephone 0161 962 8973 / Mobile 07802403821  
Email – [rogerdevlin@btinternet.com](mailto:rogerdevlin@btinternet.com)

### **England Athletics : Athletics Networks**

Before the County meeting on 25<sup>th</sup> February, Sarah Friday who is the Coach and Club Support Officer for Cheshire (and Greater Manchester) held a session to formalise an application for funds for a network in Cheshire to assist in the development of athletics.

### **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)

JOG ENGLAND

NWJOG03/02 - 14.3.09 Sportcity

NWJOG05/02 - 15.3.09 Crewe

### **LEVEL 1**

NW1C172/04 - 11.4.09 Litherland

NW1C169/02 - 26.4.09 Cumberland 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 (Fully booked)

NW2CT05 - 4.4.09 Throws Sportcity

NW2CE04 - 5.4.09 Endurance Sportcity (Fully booked)

NW2CJ04 - 5.4.09 Jump 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

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.

### **Officials**

A Level 2 Track & Field Officials course has been arranged for Macclesfield on Saturday 28 March. The course will take place during the morning and is exclusive to Cheshire clubs. Cost will be £10. The afternoon will include an H&S course and a refresher/familiarisation EDM session is free. Further details are available from the County Officials Secretary, Joe Shellhorn at [joseph.shellhorn@tesco.net](mailto:joseph.shellhorn@tesco.net). A further course is scheduled for Sport city on 10 May (£10), with H&S courses (free) scheduled for 8 April and 15 April at Wavertree and Sportcity respectively.

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))

The next County Meeting will take place at Fluins Lane, Frodsham on Wednesday 22 April commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative.

**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)