

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER - May 2009

### ROAD and MT RACE FIXTURES in CHESHIRE

#### 2009

8 May	Christleton 5K ( <b>almost FULL</b> )
10 May	South Cheshire H 20 mile, Shavington, nr Crewe
17 May	Shell Chester half-marathon ( <b>RACE FULL</b> )
28 May	Delamere Trail Series
28 May	Mobberley 5 mile MT
30 May	Pete Lowe Memorial Hollins Green 5K ( <b>Cheshire County Championship</b> )
7 June	Capenhurst 10K (Capenhurst Running Club)
18 June	Woolston Pk 10K, Warrington RR
19 June	Tattenhall Tough Team Race
20 June	Lymm 5 ( <b>GP5</b> )
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 ( <b>GP6</b> )
16 August	Great Warford 10 mile ( <b>GP7</b> ) ( <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 ( <b>GP8</b> )
20 Sep	Boggart Chase
27 Sep	Macclesfield Half Marathon ( <b>Cheshire County Championship</b> )
4 Oct	"English" half marathon, Warrington
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 (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

At the half-way point in the Cheshire Grand Prix series of races, Wilmslow are leading in both the Men's and Women's tables. Individual leaders are Gemma Barnett (n.Todd) of Vale Royal, and Stuart Doyle (M35), also of Vale Royal.

Results from the Cheshire 5 mile and 10K Championships, both held in April, showed Nicky Bird of EPRC scoring double success. Winners are detailed below, but the full results can be seen on the Cheshire website.

#### Cheshire 5 mile

Women - 1<sup>st</sup> N Bird (Ellesmere Port RC); 2<sup>nd</sup> L Bestow (West Cheshire); 3<sup>rd</sup> and 1<sup>st</sup> V35 M Martin (Spectrum Striders; V45 M Tavener (Vale Royal).

Men - 1<sup>st</sup> C Standidge (Chester Tri); 2<sup>nd</sup> A Beaney (West Cheshire); 3<sup>rd</sup> M Dodd (Ellesmere Port R C; M40 N Jones (South Cheshire); M50 C Martin (Spectrum Striders).

#### Cheshire 10K

Men - 1<sup>st</sup> D Nicholls (Wilmslow); 2<sup>nd</sup> M Proudlove (City of Stoke); 3<sup>rd</sup> S Doyle (Vale Royal); M40 T Taylor (Macclesfield); M50 T McGoff (Wilmslow).

Women - 1<sup>st</sup> N Bird (EPRC); 2<sup>nd</sup> G Barnett (V Royal); 3<sup>rd</sup> and 1<sup>st</sup> W35 J Hatton (Macclesfield); W45 K Sutton (Wilmslow).

#### London Marathon

Each year over 100 Cheshire club members take part in the annual race around the "Streets of London". This year at least 125 did so. Fastest male was Rob Downs of Wilmslow in just over 2hrs 33 minutes about 20 seconds ahead of his team mate Mike Halman. Rob only started running 5 years ago at the age of 40. Since entering the M45 age group he has set a number of personal bests in the lead up to the London race and currently heads the 2009 Cheshire rankings at 5 miles, half-marathon and now the marathon. Watching the finish on the digital (red button) option I saw Rob finish with a large smile on his face, but missed Mike a few seconds later. Rob's time converts to handicap code 3 on George Bunner's system and was faster (by one code) than predicted by his recent form. His time was 5<sup>th</sup> fastest in his age group. Victoria Perry (Altrincham) who competed for Cheshire, and we still claim as "Cheshire", was fastest in her age group, a habit she seems to be making each year.

#### 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

##### 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

#### 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

30.5.09	Windle Trout Run
10 June	Boars Head Race, Higher Poynton 7:30pm <b>(Cheshire Championship)</b> . Organiser : D Jones, Pennine Fell Runners

Two Cheshire athletes (James Ellis and Rachel Jefferson, both of Warrington AC) have been selected to represent England in the World Youth Mountain Challenge in Germany on 27 June.

#### TRACK AND FIELD

#### Track & Field - Fixtures

##### 2009

9-10 May	County Championships - 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
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) <a href="http://www.dashathletics.co.uk">www.dashathletics.co.uk</a>
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 Athletes shone at a recent international meeting held in Malta as part of a Northern Athletics team. Harry Ellis and Stephen Broadhurst, both of Warrington AC, took Gold and Bronze in the 1500m. At the last moment the steeplechase was deemed to be unsafe, leaving clubmate Amy Talbot with little choice but to compete in the 5K. She responded brilliantly, coming home in second place.

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.

Of particular interest to coaches of female athletics, is a seminar being held at Loughborough University on 9 May 2009. The course, entitled 'The Female Athlete Triad' is being hosted by England Athletics and Dame Kelly Holmes.

#### **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.

#### **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).

#### **New Club secretary :**

Warrington AC : Joanie Smythe, 63 Withers Avenue, Orford, Warrington WA2 8EU : e-mail : [klewis@talk21.com](mailto:klewis@talk21.com)

The next County Meeting will take place at Fluins Lane, Frodsham on Wednesday 10 June. commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative.

#### **Cheshire County**

Some will be aware that Cheshire County disappeared on 1<sup>st</sup> April this year. The County Council along with the 6 lower tier borough/city councils were replaced by two unitary authorities, namely :

Cheshire East

and Cheshire West and Chester.

This makes no difference to the athletics "county" of Cheshire which is still that of the Cheshire established in 1974 and hence now comprises 4 unitary authorities : the new ones along with Warrington and Halton which were established some years ago.

#### **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)