

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

November 2009

FIXTURES - Road and MT

2009

7 Nov Langley 7 mile, nr Macclesfield
29 Nov Northern Athletics 10 mile Championships, 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 Championships, Ribble Valley, Clitheroe

2010

17 Jan 4 villages half marathon, Helsby (entries reaching limit)
7 Feb Alsager 5 mile
7 Mar Farndon 10K
20-21 Mar Northern 12 and 6 stage relays - TBC
28 Mar Wilmslow Half Marathon
7 Apr Chester Spring 5 mile
(25 Apr LONDON MARATHON)
16 May Chester Half Marathon
15 Aug Great Warford 10 mile
25 Aug Capenhurst 5K
12 Sep Gawsworth 10K MT
19 Sep Sutton 6 10K, nr Chester
(19 Sep? Great North Run)
26 Sep Macclesfield half-marathon
10 Oct Cabbage Canter 10K, Antrobus
10 Oct Congleton half-marathon

We would appreciate dates for other events proposed to be held in Cheshire.

Cheshire championship placings from the Macclesfield Half Marathon are as follows.

Men: 1st and 1st over 50 – T McGaff, Wilmslow; 2nd J Goodwin, Boalloy.
Women: 1st O Walwyn, Altrincham; 1st O45 N Mowatt, Wilmslow; 3rd S Lewis, Altrincham.

2010 Cheshire road running GP

The Cheshire AA committee have agreed to fund the prizes for the Cheshire RR GP series in 2010 at the same level as the previous 2 years (just over £1000 in prizes).

Adrian Thiemicke is processing the responses from Cheshire clubs before announcing the events to be included in the GP series. So far only about half of the clubs have responded to his e-mail requests for suggestions.

Road relay results

The traditional National road relays in Sutton Park, Sutton Coldfield produced some medals for a Cheshire club. The Under 13 girls team from Warrington AC finished second just 6 seconds behind Aldershot F&D who won all the female age group relays. Carys McAulay of Warrington ran the 8th fastest leg of all, while Jess Parsons of Vale Royal ran the second fastest leg of all when bringing her team in at the end of the first leg.

Leading Cheshire clubs in the other events were Vale Royal 12th in the under 15 girls and 8th in the Under 17 womens event. In the boys events Warrington's under 13 Boys team were 15th with Liam Burthem running the 10th equal fastest leg of all runners in that event. There was a close finish between 3 cheshire club teams in the Under 15 boys with Vale Royal "B" 20th, Warrington 21st and Vale Royal "A" 23rd. Warrington's "A" team was 18th in the Under 17 Men's event.

The previous day, Warrington's Men's and ladies teams took part in the senior events, as did Vale Royal's men's team. Most runners in these teams were Juniors which looks promising for the future.

FIXTURES - Cross Country

2009

15 Nov Manchester Area League Round 2 – Sherdley Park
12 Dec Manchester Area League Round 3 – Boggart Hole Clough

2010

3 Jan Manchester Area League Rd 4, Woodbank Park
9 Jan Cheshire Championships at Reaseheath College
23 Jan Northern Championships, Witton Park, Blackburn
30 Jan Manchester Area League Rd 5, Wythenshaw Park
27 Feb English National Championships, Leeds
13 Mar World CAU Trials – location tbc

Entry forms for the Cheshire Cross Country Championships are now available on the County website.

National cross-country relays, Mansfield, 31 October.

Although no medals this year, there were some good team and individual performances at Mansfield in an increasingly popular event. Warrington were 11th in the under 13 girls event for whom E Smith ran the 10th fastest leg of all in the event, while Jess Parsons of Vale Royal ran the 2nd fastest leg overall.

Warrington U13 Boys team finished 8th, with Liam Burthem 10th fastest, while M Sheen of Vale Royal was 4th fastest.

In the Under 15 girls event, Vale Royal were 7th, while their U17 womens team were 10th with Megan Huxley 10th fastest and their U20 team 5th with Rebecca Craigie 9th fastest. The Warrington U20 Mens team were also 5th with 3 very consistent legs.

At senior level, Macclesfield took part in both the Mens and womens relays, while Warrington and Vale Royal also ran in the Mens event.

Representative Honours- Cross Country.

Congratulations to Harry Ellis and Louisa Wood, both of Warrington AC on gaining selection for representative teams in cross country events. Harry has been selected to compete in the England under 20 team in the UK Cross Challenge at Gateshead on 14 November. Louisa has been selected for the North of England senior ladies team in the Tilberg International cross country meeting on 21st November.

FIXTURES - Fell Racing

The 2010 Inter-Counties Fell Running Championship will be held on 22 May in the Lletty Fell race at Llangynhafal (north of Ruthin) GR 128647

Dave Alexander of West Cheshire AC represented England at the recent World Mountain Running Championships, held at Zagreb, Croatia. Dave was the first O40 man home for England, finishing in sixth place overall in his age group.

FIXTURES – Track and Field

2009

21 Nov Northern Indoor Open, Sheffield
12 Dec Northern Indoor Open, Sheffield

2010

9-10 Jan England/Northern Combined Events, Sheffield
16-17 Jan Northern Senior & U20 Indoor T&F Champs., Sheffield
24 Jan Northern U17/U15 Indoor Championships, Sheffield
6-7 March England/Northern Combined Events, U17 and U15, Sheffield

22-23 May Northern U17/U15 Indoor Championships, venue tbc
19-20 June Northern Senior Championships, Sport City

Northern Vets Track and Field Championships

Three West Cheshire athletes returned home with medals from the NV T&F Champs held at Hyndburn. Rob Tudor grabbed gold in both the O40 800m and 1500m, whilst Neil Atkinson and Russell Kirk took gold and silver in the O45 1500m.

Paper entry forms for Northern Championship and Open (Cross Country and Indoor events) will be sent to Clubs only on request.

Athletes and Coaches – please note - There are just 6 weeks left to get your application in for a Ron Pickering Memorial Fund grant. The grants are available for young track and field athletes who are in education and may need financial help towards training or provision of equipment. A staggering 52 of the 67 members of the athletics team at the Beijing Olympics have been helped by the Ron Pickering Memorial Fund at sometime during their careers. Applicants should be aged between 15 and 23 and in education. Athletes' talents should be backed up by one of the following:

- A National Schools Championships medal
- An U17, U20 or U23 Championships medal
- An international representative
- In the top six of the appropriate UK ranking lists for event and age group.

Grant forms may be downloaded from the Ron Pickering Memorial Fund website, or a request can be made to have one posted to you. All details are on the website at www.rpmf.org.uk. The closing date is Monday 30 November 2009.

Congratulations to John Driscoll who is a Vice-President of West Cheshire AC. At the recent Northern Athletics AOM, John was elected President for the coming year, taking over from Malcolm Fletcher. John has been involved with Northern Athletics since the 1980s. John has been instrumental in using George Bunner's novel road-running handicap system for the Cheshire road running GP. John also played a part in expanding the Borders Road Running League over the past 10 years in which a number of Cheshire clubs take part.

FIXTURES - SPORTSHALL ATHLETICS

29 Nov NW League Round 3
6 Dec NW League Round 4
17 Jan NW League Round 5
22 Nov U11 FIA North West Final Sport City
28 Feb U13 & U15 North West Final, Wigan
UK Final – date and venue TBC

TRAINING

2009
21 Nov NW Combined Events Development Day, Manchester
2010
30 Jan NW Combined Events Development Day, Manchester
28 Feb NW Combined Events Development Day, Manchester
28 Mar NW Combined Events Development Day, Manchester

CHESHIRE & WARRINGTON SPORTS PARTNERSHIP COURSES 2009

A Club for All

Basic First Aid

10 Nov Ellesmere Port Civic Hall

Equity in your Coaching

2 Dec Ellesmere Port (venue tbc)

Safeguarding and Protecting Children

19 Nov Cheshire County Officers' Club

2010

A Club for All

13 Jan Cheshire County Officers' Club

Basic First Aid

19 Jan Northwich Cricket Club

18 Mar Cheshire County Officers' Club

Equity in your Coaching

22 Feb Northwich Cricket Club (tbc)

Safeguarding and Protecting Children

1 Feb Safeguarding and Protecting Children

8 Mar Northwich Cricket Club

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.

Officials' Courses

15 Nov	NO032	Level 3 – Generic, plus one from Track/Field/TK – 10.00am-3.00pm Wavertree	£15
18 Nov	NO027	Risk Assessment – 6.00-9.00pm Endurance Specific – 15 places only Sportcity	£10

Provisionally planned :

21 Feb (2010) Level 2 Track/Field/TK at Wavertree

27 Mar Level 2 Track/Field/TK at Macclesfield

Further information can be obtained from Debbie Beresford (email address below or Joe Shellhorn – joseph.shellhorn@tesco.net, or on Cheshire website.

UK coaching courses (local to Cheshire)

Children in Athletics

5 Dec	NC0051	Sportcity	£60
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Level 1

28.11.09	NC0064	Sportcity	£60
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19.12.09	NC0065	Sportcity	£60
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Run in England - Leadership in Running Fitness

7 Nov	NC0050	Sport City	£90
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Level 2

Express course – must attend on all dates – Leverhulme Park £140

5 Dec	NC0080	Event Day & Ass't – Speed	
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5 Dec	NC0081	Event Day & Ass't - Throws	
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6 Dec	NC0082	Event Day & Ass't - Endurance	
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6 Dec	NC0085	Event Day & Ass't - Jumps	
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Express course – must attend on all dates – Sportcity £140

TBC	NC00	Core weekend plus 1 event module	
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20 March	NC0086	Event Day & Ass't – Speed	
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20 March	NC0087	Event Day & Ass't - Throws	
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21 March	NC0088	Event Day & Ass't - Endurance	
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21 March	NC0091	Event Day & Ass't - Jumps	
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Level 2 Sport City

Level 3 Module - Strength and Conditioning

12&13 Dec	NC0009	Sportcity	£100
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16&17 Jan	NC0093	Sportcity	£100
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Level 3 Phases 1, 2 and 4

Qualification to be introduced in January 2010 - Venues and fees to be confirmed. **Please check UKA website for information including details of Level 3 Phase 4 courses. See website address below.**

Subsidised places are available – funding information can be obtained from Sarah Friday (contact information below). PLEASE BOOK EARLY AS COURSES FILL UP QUICKLY. Application forms and cheques to be returned to England Athletics, Education and Customer Services, Wellington House, Birmingham International Park, Solihull, Birmingham, B37 7HE or some courses can be booked online at www.Englandathletics.org.

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.

Details of forthcoming **courses for officials** are now available on the England AA web site.

Debbie Beresford is the Education Co-ordinator for the North of England. She is based at Sports City (0161 230 8184, dberesford@englandathletics.org

Sarah Friday (sfriday@englandathletics.org) is the Coach and Club co-ordinator for Cheshire and for Greater Manchester. (Tel : 0161 230 8184).

The next County Meeting will take place at Fluin Lane, Frodsham on Wednesday 9 December 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