

# CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

## October 2009

### FIXTURES - Road and MT

#### 2009

4 Oct	"English" Half Marathon, Warrington
4 Oct	Sandstone Trail Race (A – 17.1 miles / B - 10.6 miles)
11 Oct	Congleton Half and 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 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
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

### NW Road Relays – Cheshire results

U13 Girls – 1 <sup>st</sup> Warrington, 2 <sup>nd</sup> Vale Royal, 3 <sup>rd</sup> Crewe and Nantwich
U15 Girls – Vale Royal 'A'**, Vale Royal 'B'
U17 Ladies – Vale Royal**, Macclesfield
Ladies – Vale Royal, Macclesfield
U13 Boys – Vale Royal**, Macclesfield
U15 Boys – Warrington, Vale Royal, Crewe and Nantwich
U17 Youths – Warrington 'A', Warrington 'B', Crewe and Nantwich
Men – Warrington 'A', Vale Royal, Warrington 'B'

\*\* also 1<sup>st</sup> North West team

### Northern Road Relays, 26/27 September at the Headingley Campus of Leeds Metropolitan University.

**Men's 6 stage** : Warrington AC finished 11<sup>th</sup> out of the 80 teams who started, qualifying them for the National road relays in October. Teams from Vale Royal who were 25<sup>th</sup> (which also qualified them for the National) and Spectrum Striders also participated.

**Ladies 4 Stage** : Warrington AC were 16<sup>th</sup> for whom Louisa Wood ran the 7<sup>th</sup> equal fastest leg of all of the athletes and spectrum striders were 28<sup>th</sup>

On the Sunday it was the turn of the Young athletes at the same venue and Cheshire clubs won medals in 4 of the 6 events.

**Under 13 Girls** : Warrington were first team to finish for whom Caryn McAuley ran the 5<sup>th</sup> fastest leg of all; Vale royal were 8<sup>th</sup> with Jess Parsons running the 9<sup>th</sup> fastest leg; warrington B 23<sup>rd</sup> and Crewe and Nantwich 32<sup>nd</sup>.

**Under 15 Girls** : Vale Royal were 3<sup>rd</sup> with Jade 3evans running the 6<sup>th</sup> fastest leg, and their b team finished 17<sup>th</sup> while Crewe and Nantwich were 31<sup>st</sup>.

**Under 17 Women** : Vale Royal were 1<sup>st</sup> with Megan Huxley on the last leg recording the fastest leg of all in that event, while Hannah Pares ran the 5<sup>th</sup> fastest leg; Vale Royal B were 13<sup>th</sup> and Crewe and Nantwich 16<sup>th</sup>.

**Under 13 boys** ; Vale royal were 3<sup>rd</sup> with Elliott Bowker 5<sup>th</sup> fastest leg and Warrington 12<sup>th</sup> with Liam Burthem running the 2<sup>nd</sup> fastest leg

**Under 15 Boys** : warrington were 7<sup>th</sup> team with Jack gleave running the 4<sup>th</sup> fastest leg; Vale royal 8<sup>th</sup> and their b team 19<sup>th</sup>

**Under 17 Men** : Warrington just missed out on medals being 4<sup>th</sup> with their b team 6<sup>th</sup> while Crewe and Nantwich were 19<sup>th</sup>.

BUT where were the other Cheshire clubs in both the North West (which was also our County Championship) and the northern events?

The eighth and final round in the Cheshire Road Race Grand Prix series was held on 20 September at the Sutton 6 10K, hosted by West Cheshire AC. At the end the awards for the season funded by the County AA were handed out to :

#### Ladies individual

1<sup>st</sup> Nicky Bird EPRC; 2<sup>nd</sup> G Barnett Vale Royal, 3<sup>rd</sup> K Readman Macclesfield

#### Ladies Team results

1<sup>st</sup> Wilmslow, 2<sup>nd</sup> Vale Royal, 3<sup>rd</sup> Macclesfield

#### Mens individual

1<sup>st</sup> D Nicholls Wilmslow, S Doyle Vale Royal, S Pendrill Wilmslow

#### Mens' Team results

1<sup>st</sup> Wilmslow, 2<sup>nd</sup> South Cheshire, 3<sup>rd</sup> Vale Royal

Complete results can be found on the Cheshire website.

#### Handicap winner for the series (combined male plus female)

Peter Marquis-Jones (South Cheshire Harriers) who scored the same number of points as Angela Maziere of Wilmslow but won on count back of a higher score from an additional race.

### FIXTURES - Cross Country

#### 2009

24 Oct	Manchester Area League Round 1 – Heaton Park
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
23 Jan	Northern Championships, Witton Park
30 Jan	Manchester Area League Rd 5, Wythenshaw Park
27 Feb	English National Championships, Leeds
13 Mar	World CAU Trials – location tbc

**The 2010 Cheshire Cross Country Championships** will be held at Reasheath College, Nantwich on 9 January.

### FIXTURES - Fell Racing

#### 2009

18 Oct	UKA British Relay Championships
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Michael Ellis (West Cheshire) finished 5<sup>th</sup> in the tough and challenging Viking Fell Race in September. This was the last in a series of six races making up the 2009 English Jkuniior Fell Running Championships. Positions are counted from a runner's best four races, giving Michael 7<sup>th</sup> place overall in the U12 boys' Championships.

### 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
7-8 Mar	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

## FIXTURES - SPORTSHALL ATHLETICS

4 Oct	NW League Round 1
25 Oct	NW League Round 2
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

Owing to changes in the number of participating Clubs this season, the league has been structured such that Clubs will compete in four of the five rounds.

## 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

14 Oct Northwich Cricket Club

#### 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

25 Oct	Level 3	Sportcity (Cheques to UKA) Generic, Field, Track, T;K, Photo L3, Photo Tech., S/M	£10
25 Oct	NO038	H&S, Sportcity, 4pm (TBC)	£10
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

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

#### UK coaching courses (local to Cheshire)

##### Children in Athletics

5 Dec NC0051 Sportcity £60

##### Level 1

11 Oct NC0066 Sportcity £60

17 Oct NC0092 Litherland £60

28.11.09 NC0064 Sportcity £60

19.12.09 NC0065 Sportcity £60

#### Run in England - Leadership in Running Fitness

10 Oct NC0046 Woodbank Park £90

17 Oct NC0052 Kirkby Sports College £90

7 Nov NC0050 Sport City £90

#### Level 2

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

24&25 Oct NC0079 Core weekend plus 1 event module

5 Dec NC0080 Event Day & Ass't – Speed

5 Dec NC0081 Event Day & Ass't - Throws

6 Dec NC0082 Event Day & Ass't - Endurance

6 Dec NC0085 Event Day & Ass't - Jumps

**Express course** – must attend on all dates – Sportcity £140

TBC NC00 Core weekend plus 1 event module

20 March NC0086 Event Day & Ass't – Speed

20 March NC0087 Event Day & Ass't - Throws

21 March NC0088 Event Day & Ass't - Endurance

21 March NC0091 Event Day & Ass't - Jumps

#### Level 2 Sport City

#### Level 3 Module - Strength and Conditioning

12&13 Dec NC0009 Sportcity £100

16&17 Jan NC0093 Sportcity £100

#### 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](http://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](mailto:dberesford@englandathletics.org)**

**Sarah Friday ([sfriday@englandathletics.org](mailto: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 14 October 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)