

# **CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER**

**October 2010**

## **FIXTURES - Road and MT**

### **2010**

- 17 Oct National Young Athletes' Road Relays, Birmingham  
17 Oct Sandbach 10K  
24 Oct Alderley Bypass 5 mile (run the new bypass before it opens) – entry forms available on “ukresults” and “race-results” web sites.  
31 Oct Hallowe'en Hellraiser plus Fun Run, Crewe  
6 Nov Langley 7 (Macclesfield Harriers)  
28 Nov Northern 10 mile Champs, Thirsk  
12 Dec Tatton Park Yule Yomp, & 3K Fun Run (Cheshire Hash House Harriers)  
26 Dec Chester Round the Walls  
27 Dec (Northern 10K Champs, Ribble Valley, Clitheroe)

### **2011**

- 23 Jan 4 Villages half-marathon, Helsby  
27 Feb High Legh 10K  
20 Mar Northern Athletics 12 and 6 stage Road Relays, Venue TBC  
27 Mar Wilmslow Half Marathon (includes England Champs)  
6 April Chester Spring 5 mile  
9 April National 12 and 6 stage Road Relays, Birmingham  
10 April Air Products 10K, Crewe (not Easter Sunday this year!)  
1 May South Cheshire Harriers 20 mile, Crewe  
15 May Chester half-marathon  
9 Oct MBNA Chester Marathon

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

The seventh and final round of the Cheshire Road Race Grand Prix series was held on 26 September, at the Macclesfield Half Marathon. Results from race 7 were as follows:

Mens' race: Damian Nicholls, Wilmslow

Ladies' race: Kristy Readman, Macclesfield Harriers

Mens' Handicap: Dave Reid, Chester Tri and William Bradley (Spectrum)

Ladies' Handicap: Janine Ellis, Wilmslow

Mens' Team: Wilmslow

Ladies' Team: Wilmslow

At the end the awards for the season funded by the County AA were handed out to :

### **Ladies individual**

1<sup>st</sup> L Whitfield Spectrum; 2<sup>nd</sup> K Spilsbury Vale Royal, 3<sup>rd</sup> L Rudd Wilmslow

### **Ladies Team results**

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

### **Mens individual**

1<sup>st</sup> D Nicholls Wilmslow, 2<sup>nd</sup> J Noakes Macclesfield, 3<sup>rd</sup> M Hatton South Cheshire

### **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)

James Simpson (South Cheshire Harriers).

Cheshire results (**ALL PROVISIONAL**) from recent events below..

### **Northwest Road Relays:**

U13 Boys 1<sup>st</sup> Warrington – D Evans, R Dykes, K Smithyman Harding; 2<sup>nd</sup> Vale Royal – G Challinor, H Healey, W Parsons; 3<sup>rd</sup> Warrington – C Smithyman Harding, R Dugdale, P Ikedale. U15 Boys 1<sup>st</sup> Warrington –

M Hulse, L Burthem, D Gant; 2<sup>nd</sup> Vale Royal – M Sheen, E Bowler, S Whitehead; 3<sup>rd</sup> Crewe and Nantwich – L Cockerton, R Poole, J Edge. U17 Men 1<sup>st</sup> Warrington – L Johnston, L Renton, S Dykes; 2<sup>nd</sup> V Vale Royal – A Miles, Z Bamber, T Marsden; 3<sup>rd</sup> Vale Royal – L Healey, J Boyce, ~M Vennard. Men – 1<sup>st</sup> Warrington M Jackson, L Thompson, T Jervis, S Broadhurst; 2<sup>nd</sup> Vale Royal C Perry, A Perry, E Crowther, A Clews; 3<sup>rd</sup> Warrington L Walker, D Jackson, J Ellis, O Park.

U13 Girls 1<sup>st</sup> Warrington C McAulay, E Smith, H Knowles Jones; 2<sup>nd</sup> Stockport - B Sharples, S Donaghy, k Whiteoak; 3<sup>rd</sup> Halton & Frodsham – K Grady, J Wright, G Aston Massey. U15 Girls 1<sup>st</sup> Vale Royal – J Parsons, J Evans, E Pyatt. U17 Ladies 1<sup>st</sup> Vale Royal A Pettitt, T McCormick, M Huxley; 2<sup>nd</sup> Vale Royal – H Bishop, K Lee, K Moulds. Ladies 1<sup>st</sup> Warrington L Wood, S Griffiths, K Hawitt; 2<sup>nd</sup> Macclesfield H Teague, S Boam, S Hudak; 3<sup>rd</sup> Wilmslow J Mulryman, C Geraghty, J Ellis.

**Northern Athletics Road Relays**, Wythenshawe Park, Manchester, 2 October

U13 Girls 2<sup>nd</sup> Warrington E Smith, J Coulson, H Knowles Jones; U13 Boys 3<sup>rd</sup> Vale Royal G Challinor, W Parsons, H Healey; U15 Girls 2<sup>nd</sup> Vale Royal J Parsons, E Pyatt, J Evans; U15 Boys 2<sup>nd</sup> Warrington M Wigglesworth, L Burthem, m Hulse; U17 Ladies 2<sup>nd</sup> Vale Royal A Pettitt, M Huxley, T McCormick; U17 Men 1<sup>st</sup> Warrington S Dykes, L Renton, L Johnston.

## **FELL RUNNING**

The 2011 Cheshire Fell running championships will be held in the “Cloud” 9 mile Fell race, Congleton, organised by Congleton Harriers, on March 6<sup>th</sup>. It has not been possible to organise a 2010 championship.

## **CROSS COUNTRY**

- 23 Oct Manchester X-C League, Heaton Park  
6 Nov ECCA Relays, Mansfield  
6 Nov North Staffs League, Park Hall  
13 Nov N Staffs League, Stafford Common  
21 Nov Manchester X-C League, Sherdley Park  
27 Nov UKA Cross Country Trials, Sefton Park, Liverpool  
4 Dec Manchester X-C League, Boggart Hole Clough  
13 Dec North Staffs League, Westwood HS, Leek

### **2011**

- 2 Jan Manchester X-C League, Woodbank Park, Stockport  
29 Jan Northern Cross Country Championships, Sunderland  
12 Feb Manchester X-C League, Clayton Vale (nr Velodrome)  
19 Feb ECCA Cross Country Championships, Alton Towers  
5 March CAU Cross Country Championships, Birmingham

## **FIXTURES – Track and Field**

### **2010**

- 20 Nov NA Indoor Open, Sheffield  
11 Dec NA Indoor Open, Sheffield  
8-9 Jan EA inc. NA Sen & U20 E Events Champis., Sheffield  
15 Jan NA Indoor Championships, Sheffield  
5 Feb Indoor Vets Open  
12-13 Feb Aviva Trials & UK Indoor Champs., Sheffield  
5-6 March EA inc. NA U17 & 15 C Events Champs., Sheffield

## **SPORTSHALL ATHLETICS**

Dates and venues for the North West League are listed below. As last year, Clubs will compete in four of the five fixtures.

24 Oct	12 noon at Widnes
28 Nov	12.30pm at Wigan
5 Dec	12.30pm at Deeside
16 Jan	12.30pm at Crewe
6 March	League final at Widnes

**Get interactive with UKA** – check out all the latest news, views blogs and videos. Connect on Facebook, Twitter and YouTube.

### The Cheshire Network Action Group

The Cheshire Network Action Group is now close to employing staff to manage improvements to benefit Athletics Clubs in the Network. Several events are planned to generate interest and benefit the Clubs involved. Look on the Cheshire County website to see the Network Plan and meeting notes or come to the next meeting and see what it could mean for your club. Seven Clubs are now actively involved - we would like all 31 Cheshire Clubs to participate and benefit.

Vicki Huyton, the new CNAG Co-ordinator attended the meeting and was introduced to everyone. The Network Launch, a Paarlauf event took place on 22 September, and the first of the Coach and Athlete development days will take place at Macclesfield.

Vicki is to discuss ideas to promote the network, and also to come up with possible alternatives to the present Coaching structure, which are not conducive to attracting volunteers owing to a high cost factor.

The Cheshire Network Action Group meets on a regular basis, at the Lion Pub, Moulton. Minutes from the meeting held on Wednesday 8 September have been circulated to ALL Cheshire Clubs. If you wish your club to be involved please contact the Network Coordinator Andy Garnett by email on [andy.garnett@amec.com](mailto:andy.garnett@amec.com) or phone him on 01925 675420 during working hours.

**Cheshire Club List** – Mike Lamb of West Cheshire AC has taken over responsibility for keeping the list up to date.

### TRAINING

2010

#### CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

##### Safeguarding and Protecting Children

11 Oct SPC1 Lymm High School

All Courses are from 6.30 – 9.30pm

Note that the courses are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation/reaccreditation for Clubmark. To book please create an account or log-in at [www.coachingcw.org](http://www.coachingcw.org). On your home page will be a "Book Event" icon, please click and complete our new online booking form (payment will also be taken online). Aside from the above courses, CWSP need you to tell them what courses you need. Coaches – Please create an account or log-into [www.coachingcw.org](http://www.coachingcw.org) and click the "Course availability" icon on the right hand side of the page. Then you can tell us what courses you need, what venues you can travel to and what days of the week you can attend. If for whatever reason you feel unable to complete booking forms and payments online, please call 01606 871812 for further information and we can provide you with support.

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

The UKA Coaching structure has been changed significantly. EA North have circulated details to contacts in all clubs and details are available on the EA and UKA web sites. Reference is also made to the changes in Pace, Spring 2010 (produced by EA). For full details go to [http://coaching.uka.org.uk/qualifications/leaders\\_awards/](http://coaching.uka.org.uk/qualifications/leaders_awards/)

PLEASE NOTE that you should book early for courses as there are only a limited number being held in the northwest. Some courses require participants to do some reading in advance.

RUN IN ENGLAND – Leadership in Running Fitness				
27.2.11	Sportcity, Manchester	NW	NC0162	£90
LEADER AWARD				
26.2.11	Sportcity, Manchester	NW	NC0171	£95
COACHING ASSISTANT				
13-14.11.10	Sportcity, Manchester	NW	NC0175	£130
26-27.2.11	Sportcity, Manchester	NW	NC0172	£130

ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. <u>Cost includes all modules and assessment.</u> See notes below.				
2-3.10.10	Days 1 and 2 Sportcity, Manchester	NW	NC0142	£325**
4.12.10	Day 3			
30.1.11	Assessment day – time tbc			

#### Please check UKA website for information including details of Level 3 Phase 4 courses. See website address below.

Contact **Debbie Beresford** for course information. Debbie is the Education Co-ordinator for England Athletics – North, and can be contacted on [dberesford@englandathletics.org](mailto:dberesford@englandathletics.org). Telephone (mobile) 07920 532552. 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, preferably two weeks before course date, or some courses can be booked online at [www.englandathletics.org](http://www.englandathletics.org).

**CRB information** - Brian Warren, the County Secretary has received a post card from the Independent Safeguarding Authority which refers to changes to the Criminal Records Procedure which they want to be brought to your attention. Please go to the following web site to read it fully: [www.businesslink.gov.uk/vrb](http://www.businesslink.gov.uk/vrb)

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. CRB application forms are available from Jane Fylan, UK Welfare Co-ordinator : Telephone 0161 223 4246 or email her at [jfylan@uk.org.uk](mailto:jfylan@uk.org.uk)

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' Courses - 2011

Level 2 Course	10.00-noon Generic/1.00-3.00pm Discipline	/ £15 pp
20.02.11 tbc	Wavertree	NO 075/TJ
20.02.11 tbc	Wavertree	NO 075/FD
20.02.11 tbc	Wavertree	BO 075/TK
H&S March/April 2001 Wavertree - TBC		

Also check out the England AA website. Contact **Tina Beresford** for information concerning Officials' Courses for the North of England. She is based at Sports City [tinaberesford@englandathletics.org](mailto:tinaberesford@englandathletics.org). Telephone 079684 98704

**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 Committee Meeting will be held on Wednesday 3 November at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative or representatives.

#### 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)