

**CHESHIRE COUNTY ATHLETIC ASSOCIATION**  
**NEWSLETTER**  
**October 2011**

**FIXTURES - Road and MT**

**2011**

9 October Congleton half-Marathon  
 9 October MBNA Chester Marathon, including **Cheshire Championships**  
 15 October ERRA National Men 6 and Women 4 stage relays, Birmingham  
 16 October Sandbach 10K  
 16 October ERRA National Young Athletes Relays, Birmingham  
 30 October Halloween Hellraiser 9 mile MT (South Cheshire Harriers)  
 5 November Langley 7 mile, near Macclesfield  
 19 November Northern 10mile R R Championships, Brampton-Carlisle  
 11 December Tatton Yule Yomp 10K  
 26 December Chester "Round the Walls"  
 27 December Northern 10K R R Championships, Ribble Valley, Clitheroe

**2012**

31 March 12 and 6 stage road relay championships, location tbc  
 14 April ERRA Mens' 12 stage and Womens' 6 stage road relays, Sutton Park, Birmingham

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

**Road Race GP 2011 Final Results**

The final GP race for 2011 was held at Guilden Sutton on 18<sup>th</sup> September. As a result the overall GP winners in the different categories are :

Men – D Nicholls, Wilmslow; A Lamont Macc. Harriers; S Doyle, V Royal.

Women – K Hawitt, Warrington; A Pettitt, V Royal; L Rudd, Wilmslow.

Handicap, Combined – .

Mens' Team – Wilmslow, S Cheshire H, V Royal.

Womens' Team – Wilmslow, Spectrum Striders, Vale Royal.

**Cheshire Road Relay championships, 17<sup>th</sup> September**

As in previous years, there were held as jointly with 3 other NW counties which this year were organised by Merseyside and held at Sefton Park, Liverpool.

Cheshire champions were :

U13 Girls : Warrington

U13 Boys : Warrington

U15 Girls : Vale Royal (first overall in the NW)

U15 Boys : Vale Royal

U17 Women : Vale Royal (first overall)

U17 Men : Warrington

Senior Women : Vale Royal

Senior Men : Liverpool H

The 2012 NW Road relay championships will be hosted by Cheshire

**Northern Road Relay Championships, Birchwood, 24 September**

U1 B – 3<sup>rd</sup> Vale Royal – W Parsons, J Panting, R Weir / U15B – 2<sup>nd</sup> Warrington – D Evans, L Burthem, M Wigglesworth / 3<sup>rd</sup> Vale Royal – S Whitehead, M Sheen, E Bowker / U15G – 1<sup>st</sup> Vale Royal – J Parsons, A Hinchly, K Gerrard / U17W – 1<sup>st</sup> Vale Royal – A Pettitt, J Evans, T McCormick.

**Northern Cross Country Relay Championships, Sheffield, 1 October**

U17W – 2<sup>nd</sup> Vale Royal – T McCormick, J Evans, A Pettitt / U15B – 1<sup>st</sup> Warrington – D Evans, L Burthem, M Wigglesworth / U15G – 1<sup>st</sup> Vale Royal – J Parsons, A Hinchly, K Gerrard / 3<sup>rd</sup> – Warrington – J Eyre, E Smith, H Knowles-Jones / U13B – 1<sup>st</sup> Vale Royal – W Parsons, R Weir, J Hinchly.

**Cardiff 10K 11 September** – Daniel Cliffe, Liverpool H, was a member of the victorious Northern Team.

**FELL RUNNING**

**CROSS COUNTRY**

**2011**

22 October Manchester X-C League, Heaton Park  
 Note: U11s can compete in four races, best three to count.

5 November ECCA Relays, Mansfield

13 November Manchester X-C League, Sherdley Park

3 December Manchester X-C League, Wythenshawe Park

**2012**

7 January Cheshire Cross Country Championships, Winsford

15 January Manchester X-C League, Woodbank Park

28 January Northern X-C Championships, Pontefract

11 February Manchester X-C League,

25 February ECCA Championships, Parliament Hill, London

10 March CAU Cross Country Championships, Cofton Park

17 March ESAA Cross Country Championships, Taunton

**TRACK and FIELD**

**FIXTURES**

**2011**

19 November NA Indoor Open, Sheffield

17 December NA Indoor Open, Sheffield

**2012**

7-8 January NA Senior & U20 Indoor CE Championships, location tbc

14-15 Jan NA Indoor Championships (all ages), Sheffield

4 February NA Masters Indoor Open, Sheffield

10-11 March EA (inc. NA) U17 & U15 Indoor CE Championships, location tbc

**Cheshire Championships Combined Events Macclesfield 11 September** (full results including Open scores and positions can be found on the Cheshire website)

U13B – 1<sup>st</sup> O McCormick Sale, 2<sup>nd</sup> E Montez-Brown West Cheshire, 3<sup>rd</sup> O Andrews; U13G 1<sup>st</sup> E McCarthy Halton and Frodsham, 2<sup>nd</sup> O Williams West Cheshire, 3<sup>rd</sup> G Barlow West Cheshire; U15 Boys 1<sup>st</sup> L Hyde Macclesfield, 2<sup>nd</sup> J McMahon West Cheshire, 3<sup>rd</sup> Z Barnsley West Cheshire; U15G G Pickles Crewe and Nantwich (NEW RECORD), 2<sup>nd</sup> A Williams Sale, 3<sup>rd</sup> E Fowler Crewe and Nantwich.

**SPORTSHALL ATHLETICS**

2011-2012 Clubs to take part in 3 from 4 rounds

Round 1 - 9 October, Widnes

Round 2 - 23 October, Widnes

Round 3 - 20 November, Widnes

Round 4 - 11 December, Widnes

Fun in Athletics U11 Finals, Eastlands (by selection)

League Finals U11s am / U13s & U15s pm /

Inter-counties U13s & U15s, (by selection)

**RACE WALKING - A new discipline for Cheshire athletes**

Cath McGrath a competitive race walker and UKA Licensed coach for Race Walking is offering to help those interested in race walking. Cath, a member of West Cheshire AC can be contacted by e-mail : [cathmcgrath@btinternet.com](mailto:cathmcgrath@btinternet.com)

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

**The Cheshire and Merseyside Athletics Network**

If you wish your club to be involved please contact Co-ordinator, Vicky Huyton ([Vicky.huyton@cwspartnership.org](mailto:Vicky.huyton@cwspartnership.org)) 07738402931. Please also contact Vicky to book on any of the courses listed below. Newsletters can be viewed on the website. Contact Chairperson Andy Garnett by email on [andy.garnett@amec.com](mailto:andy.garnett@amec.com) or phone him on 01925 675420 during working hours. Check out possible free places on Officials' courses – via the Network.

CHESHIRE NETWORK EVENTS			
2.10.11	Off-road development day	Teggs Nose Country Park, Macclesfield	10.00am-3.00pm
12.10.11	Planning the season ahead and goal setting	Halliwel Jones Stadium, Warrington	7.00pm
14.11.11	Youth development – how training affects young athletes	Winsford Lifestyle Centre	6.30pm
27.11.11	Cheshire Run-jump-throw series	Macclesfield Athletics Track	10.00am-2.00pm
30.11.11	Nutrition for endurance athletes	Knutsford LC	6.30pm

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

**TRAINING**

**CHESHIRE AND WARRINGTON SPORTS PARTNERSHIP COURSES**

Note that courses organised by the Partnership are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation for Clubmark. To book, 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). Alternatively phone 01606 871812 (have your card details ready). CWSP need you to tell them what courses you need. Places on the FUNDamentals workshops are limited.

Course Title	Venue and Date	Cost
Safeguarding and Protecting Children	Halliwell Jones Stadium, Warrington 20.10.11 / 6.00 – 9.00pm	£30
Emergency First Aid	Winsford Lifestyle Centre 4.10.11 / 6.30 – 9.30pm	£30

For more information on this or any of our courses feel free to contact Rob Burchell (Coaching Development Manager) at [rob.burchell@sportcheshire.org](mailto:rob.burchell@sportcheshire.org)

### UK coaching courses (local to Cheshire)

Coaching structure has changed significantly. EA North has circulated details to all clubs which are also on the EA and UKA web sites. 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.

#### LEADERSHIP IN RUNNING FITNESS

22.10.11	Kirkby Sports College	NW	NC0222	£90
17.12.11	Eastlands (formerly Sportcity)	NW	NC0270	£90
3.3.12	Eastlands	NW	NC0272	£90

#### LEADER AWARD

17.12.11	Eastlands	NW	NC0271	£90
3.3.12	Eastlands	NW	NC0273	£90

#### COACHING ASSISTANT

8-9.10.11	Eastlands	NW	NC0268	£130
15-16.10.11	Cumberland Athletics Track	NW	NC0281	£130
17-18.3.12	Eastlands	NW	NC0269	£130

ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.

1.10.11	Assessment Day (time tbc)	NW	NC0208	£325
3.12.11	Assessment Day (time tbc)	NW	NC0218	
21-22.1.12	Robin Park Arena – Days 1 & 2	NW	NW0290	£325
4.3.12	Robin Park Arena - Day 3	NW	NW0290	

#### COACH IN RUNNING FITNESS (contact D Beresford for details)

22.10.11	Trafford Athletic Stadium	NW	NC0246	£325
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#### CHILDREN'S COACH AWARD

22.10.11	Eastlands – Day 3	NW	NW262	£325
11-12.2.12	Robin Park Arena – Days 1 & 2	NW	NW291	£325
24.3.12	Robin Park Arena - Day 3	NW	NW291	£325

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).

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator. Eddie recommends that all clubs who have licensed coaches keep a watch on CRB renewals that 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. T: 0161 223 4246 or email at [jfylan@uka.org](mailto:jfylan@uka.org).

### Officials' Courses - 2011

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 [officials-north@englandathletics.org](mailto:officials-north@englandathletics.org). Telephone 07920 532552.

TRACK AND FIELD LEVEL 2				£15
22.4.2012	GM	Eastlands	NO0108TR Track Judges 10.00am NO0108TK Timekeeping 10.00am NO0108FD Field 10.00am NO0108SM Starter/Marksman 10.00am NO0108PF Photofinish 10am	
ENDURANCE LEVEL 2				£20
6.11.2011	GM	Eastlands	NO0107END Endurance 1.30pm <i>Book both Endurance &amp; Risk assessment modules at this course at</i>	

a discounted price of £30			
ENDURANCE – RISK ASSESSMENT			£20
NO0107RA Risk Assessment 10.00am <i>Book both Endurance &amp; Risk assessment modules at this course at a discounted price of £30</i>			

The Cheshire Officials' Secretary is Alan Morris. He can be contacted at [cheshireofficials@gmx.com](mailto:cheshireofficials@gmx.com).

### Cheshire Area Events

30.1.11	Multi-event approach for young athletes incorporating Athletics 365	Knutsford LC 12.00-4.00pm
11.12.11	LTAD and the growing athlete – anatomy, movement and posture	Knutsford LC 10.00am-1.00pm
29.1.12	Strength, power and plyometrics – what can be done in a club environment	Knutsford LC 10.00am-1.00pm

### Regional Events

26.11.11	Heavy Throws	Leigh SV
27.11.11	Shot, discus and hammer	All 10.00-4.00pm
11.3.12		
14.10.11	High Jump	7.30.pm – 9.30pm
15.10.11	(all Eastlands)	10.00am-2.00pm 10.30am-3.00pm
29.10.11	Endurance - Longford Park, Trafford Progression of training to seniors 18-23	10.00am-1.00pm
22.1.12	Endurance - Grimsnargh Village Hall Coaching female athletes	10.00am-1.00pm

**Sarah Friday** ([sfriday@englandathletics.org](mailto:sfriday@englandathletics.org)) and are the Club and Coach Support Officers for Cheshire and for Greater Manchester.

Contact Sarah - [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) M07912070640 or Claire - [cbuckle@englandathletics.org](mailto:cbuckle@englandathletics.org) M07803671968.

**Event First Aid** – any Clubs needing to provide first aid facilities at events, can contact the British Red cross on [www.redcross.org.uk/eventfirstaid](http://www.redcross.org.uk/eventfirstaid).

The next **Cheshire AA committee** meeting will be held on 28 November prior to the **Cheshire Network Meeting**. It is possible that the meeting will be held at the new Sport Cheshire (ie Network) offices, but if not, the Red Lion at Moulton is a possible alternative. The minutes of the Cheshire AA can be found on the County website.

### 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)

Contact Sarah Friday - [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) M07912070640 or Claire Buckle - [cbuckle@englandathletics.org](mailto:cbuckle@englandathletics.org) M07803671968