

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

March 2003

At the 2003 AGM on 12th February the following Officers of the Association were elected :

President : George Bunner MBE

Chairman : John Driscoll

Secretary : Brian Warren

Treasurer : Bill Smith

Officials Secretary : Joe Shellhorn

Permit Secretary : Adrian Thiemicke

Coaching Secretary : Bob Lynch - standing in for Eddie Gore while he recovers from his recent illness.

Track & Field Championships Secretary : John Ashton.

Championship Secretaries in other disciplines were not appointed.

Representatives to NoEAA General Committee : Brian Warren, Bob Lynch and John Driscoll,

Representative to NoEAA Road Running Committee : Adrian Thiemicke.

Representative to NoEAA Cross Country Committee : Mike Lamb plus a vacancy

There is no formal County representation to the NoEAA Track & Field committee.

If any person is interested in being the second representative to the NoEAA cross country committee, please contact the Hon Secretary. Meetings are held in the Leeds area, 3 or 4 times a year, with travelling expenses paid for 3 of the meetings.

In addition there are a number of other persons who were elected to the committee. Each club in the County is entitled to one representative at our committee meetings - **and we would like to see you!**

The next committee meetings are :

Wednesdays, 23 April and 21 May

at Frodsham Community Centre, Fluin Lane at 7:30pm.

Our thanks to Bob Lynch (Macclesfield) who chaired the Association for almost 4 years. Although Brian Warren (Halton & Frodsham) had indicated for some time that he wished to step down after 10 years in post, no one was willing to take on the position of Hon Secretary. He agreed to carry on for another year but has relinquished several additional jobs he did, with the hope they will be covered by others. We are pleased to acknowledge the support of practical secretarial assistance provided by The International Fun and Team Athletics Association through George Bunner.

We are pleased also to report that Eddie Gore is making an excellent, steady recovery from illness and was discharged from hospital very recently.

Function

The County Association has a role designated by the North of England AA to administer on their behalf ALL athletics which takes place in the County (except schools events). In addition, it organises the County championships in the different disciplines of athletics,

organises Officials Education, Health and Safety courses and feeds into the Coaching Education structure in the North West. The Association comprises all of the athletic clubs and other athletic bodies who have their headquarters in the County (which includes the unitary authorities of Halton and Warrington).

The Officers are all members of Cheshire-based clubs and have volunteered to carry out the functions of the County Association in addition to any role they play in their own club. For committee meetings there is an open invitation to a representative of all Clubs in the county to attend – and we would like to see you attend and contribute your views on the various issues.

Cross Country Successes.

Cheshire Clubs and individual athletes have achieved a number of successes at Regional and National level during the winter.

In the North of England Championships at Heaton Park, Manchester, Cheshire athletes gained two individual medals, both in the same race. Karrie Hawitt (Warrington) won the Under 17 Ladies race by almost a minute, with Becky Ellis (Vale Royal) third leading her team to first place medals. Laura Bestow (West Cheshire) was 7th in this race.

The Under 13 Boys team from Warrington also took first place medals in their event, with Lawrence Walker, Daniel Cliffe and Matt Jackson in the first 10 home.

In the Under 13 Girls race, Lucy Gemmel (Warrington) was 6th, while in the Senior Ladies event, Jennifer Heath (Sale) was 8th.

Next up was the Inter-counties event at Nottingham. Cheshire athletes gained two medals, with Rob Birchall 3rd in the Senior Mens event and Karrie Hawitt just pipped for first place in the Under 17 Ladies. Best placed teams were the Under 13 Boys who gained 3rd place medals and the Under 17 Ladies who were 7th.

The National Championships at Parliament Hill Fields in North London saw another magnificent win for Karrie Hawitt in the Under 17 Ladies race, this time by over a minute. The Warrington Under 13 Girls team achieved the highest team placing of any Cheshire Club with 8th position.

In the English Schools Championships, the Cheshire Senior Girls (lead by Karrie Hawitt in 4th place), Junior Girls and Junior Boys teams all finished 4th. In the English Schools Cup Final last December held for the first time in Cheshire at Hartford, Lawrence Walker was first home for Helsby High School in the Junior Boys event. Officials and Club members from the Cheshire County Association assisted the Cheshire Schools AA in the organisation of this very successful event.

County and Inter-County Championships.

The most recent County Championship to have taken place was the Half-marathon, held in conjunction with the Wilmslow event on March 23rd. The Mens Championship was won by Mike Proudlove of City of Stoke who was 9th overall and 4th in the Inter-county event which was also held in the same event. Mike's time was 65mins 26 secs. Second Cheshire was Neil Crompton (Warrington) in 72:26, then Les Brookman (Warrington) in 72:58 who also took the Over 40 medal. Julian Barry of BoAlloy AC won the Over 50 Cheshire medal in 80:40.

The Cheshire Ladies champion was Nicola Bird of Rivacre Runners (soon to become Ellesmere Port Runners) in a time of 84:21. Jacky Thorn (Vale Royal) was second in 87:29 and also took the first Veterans medal; Vanessa Mullholland (Altrincham) was third in 87:35 and Christine Owen (Vale Royal) took the Over 45 medal in 89:53.

Forthcoming County Championships are :

Track & Field at Macclesfield on May 10 & 11th. Entries close 25th April to John Ashton, 16 Eddisbury Road, Whitby, Ellesmere Port CH66 2JT. All clubs have been circulated with entry forms.

Track Relays at Warrington on July 13th.

10K Road Race at Birchwood 10K, Warrington on August 17th. Enter as individuals.

Junior Multi-events at Macclesfield on September 14th
North West Counties Road Relays (which include the County Championships) will **probably** be on September 20th at Sefton Park, Liverpool.

Fell Running will probably again be held in with the Clwydian hills event on November 2nd.

Inter County Championship events are :

Senior Track & Field : Bedford, 25 & 26 May

Fell Running : 19 July at Ingleton.

10K Road running : 5 October at Moreton in the Marsh.

Please note that the North of England Inter County Track & Field Championships due to have been held on August 16 & 17th have been CANCELLED this year, due to a date clash with the AAoE Under 17 championships which are going to be held at Sheffield.

Cheshire Road Running Grand Prix.

With the third event out of 6 just completed at the Wilmslow ½ marathon, competition between the Cheshire Clubs is intense. Adrian Thiemicke has put a lot of hard work in to this initiative which is part of the UK Athletics Road Running PST attempts to develop inter-club road running competition.

The next two events in the grand Prix series are the Chester Spring 5 mile (April 8th) and the Christleton 5K (May 9th). The series is completed with the Birchwood 10K in August which doubles up as the County Championship.

DO NOT FORGET the Cheshire AA web site :
www.cheshireaa.com

Coaching Courses.

Forthcoming UKA coaching courses in the North west are :

Level 1 on 12 April at Sports City, Manchester and "Children in Athletics" at Warrington on 5th April.

Level 2 and Level 2 Specific on 29 & 30 March at Wigan. A Road Running course has been arranged at Macclesfield for 19 July (0845 to 1715).

Contact Tony Airnes on 01253 358168.

Level 3, Phase 2 on 29 & 30 March and Level 4, Phase 2 on 26 & 27 April at Alexander Stadium, Birmingham.

Contact UK Athletics on 0121 456 8771.

Renewal of Coaching Licences :

In response to enquiries by Bob Lynch, UKA have indicated that renewal will be automatic for a further 2 years, **PROVIDED** coaches have returned the police check slip issued by UKA in 2002.

Health & Safety Workshop.

The Workshop on 29 March is rapidly filling up. Provisional enquiries have been made to hold another one, probably a Wednesday evening at Warrington.

Fancy a Challenge??

BBC TV have commissioned a programme called "Hercules" which will be 12 "super athletes" pushing themselves to the very limit over 12 consecutive days. We have been asked to publicise. Regional heats take place in April, while the main competition in June 2003. Further details are available from Hercules@radartv.co.uk or Tel : 0207 729 9662.

One example of what is intended "might" be running at or above a certain speed for 5 non-consecutive hours in a day!

Communication

One of the major problems we find is communication with clubs and their members – we send information to the Secretary of the member clubs and associations, in the hope that it gets passed onto club members. However, our list of secretaries is only as good as the information provided by clubs. All too frequently we (and the NoEAA) find that a secretary has changed and the details of the new person have not been fed into the system, which gives rise to problems on many fronts. So, if you are not now your club secretary, please inform or get your new secretary to inform Cheshire County AA (Brian Warren, 51 Fairways, Frodsham, via Warrington WA6 7RY), the North of England AA (Suite 102, Emco House, 5/7 New York Road, Leeds LS2 7PJ).

This Newsletter is being distributed by post to Secretaries of all Clubs and Associations who are "affiliated" to Cheshire. In addition it is being e-mailed in an attempt to widen the readership. Recipients of the electronic version are asked to forward it to other members of their club.

We aim to produce the Newsletter on an approximately monthly basis - after committee meetings. If you have anything which you would like to see in the Newsletter, please contact the Editor - John Driscoll (0151 339 5341 or, preferably, jld@sunnyfield.co.uk).

Thank you.