

# CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

November 2003

## Successes for Cheshire clubs and athletes.

At the ECCA National Cross Country Relays held in Mansfield on 8 November, the Warrington AC Under 13 Boys team came away with the gold medals, equalling the course record. The team of the "3 Matts" - Ainsworth, O'Neil and Jackson - had a clear win by over 30 seconds with Matt Jackson running the fastest leg and Matt O'Neil the third fastest. They had in the past few weeks had impressive wins in the NW Counties Relays in Liverpool and NoEAA Road Relays in Sunderland (winning here by almost 3 minutes). Vale Royal also competed in the cross country relays with their U17 and U15 ladies teams both achieving 12<sup>th</sup> in their events.

Congratulations to Laura Bestow (West Cheshire) on gaining selection for the North of England Under 20 Ladies team which took part in a junior international cross country event in Ghent, Belgium early in November. Laura was 5<sup>th</sup> English Junior to finish (which included a team from South of England).

## North West Counties Road Relays 2004.

***It will be Cheshire's turn to organise this event in September 2004. We are looking for a host club and also a Championship Secretary. Offers to the County Secretary, Brian Warren, please.***

## County Championships.

The Cheshire Fell Race championships were held within the Clwydian Hills event on 2 November. The Cheshire Championship winners were Malcolm Fowler and Sally Gilliver both competing for Pennine Fell Runners. We will be holding our championships in with this event again next year - so make a date, 7 November 2004.

Entry forms for the cross country championships (Winsford, SATURDAY, January 3<sup>rd</sup>) have been distributed. If your club does not have them, please contact the County secretary, Brian Warren.

**Road Running Championships 2004** : we have had a couple of offers to host the County ½ marathon championships, but NONE for the 10K. So, a final appeal to race organisers who wish to be considered for the County 10K championships, please contact Adrian Thiemicke well before our next committee meeting (Dec 17<sup>th</sup>). Adrian's contact details are : [roadrunning@cheshireaa.com](mailto:roadrunning@cheshireaa.com) Tel : 01270 569012.

The **Inter-county ½ marathon championships** are to be held at Ackworth (West Yorks) on 28 March 2004. Anyone interested in being considered for the Cheshire team please contact Adrian.

**County Championship dates** for the 2004 Track & Field Season are :

**Track & Field Championships** : 15/16 May at Warrington.

**County Track Relays** : 11 July at the new track at Stanney Oaks, Ellesmere Port (This is close to the Cheshire Oaks Outlet shopping park!).

**Junior Multi-events** : 12 September, probably at Macclesfield.

## A REMINDER :

Entries for the North of England Cross Country Championships (at St Helens on 24 January) close on **10 December**. All Clubs affiliated to North of England for cross country have been sent entry forms.

## Cheshire Road Running Grand Prix.

Adrian Thiemicke has agreed to organise the Grand Prix event again for 2004 with some changes - but has not had many responses to repeated requests for expressions of interest. Again a final plea to clubs to respond. At this stage it is highly unlikely there will be a final event against other Counties.

## Courses for Track & Field Officials.

Are you interested in becoming a qualified Official for Track & Field athletics?

Courses have been arranged for prospective Officials and will be held on 18 February 2004 at the Community Centre, Fluin Lane, Frodsham commencing at 7pm. There will be separate lectures for track judging, field event judging and timekeeping. If there is interest in other duties such as starting and marksman then these will be considered.

If you are interested please send your details (name, address, telephone no. and which discipline) to the County Officials Secretary (Joe Shellhorn) at 14 Cranford Court, Lache Lane, Chester CH4 7LN, Tel No : 01244 679196). Please enclose a cheque for £4 (made payable to Cheshire County AA) to cover costs. Some of this will be reimbursed, if you pass the exam!! Please note exams will be held on a later date.

## Road Race Course Measurement.

Are you interested in becoming a qualified measurer for road race courses? At the recent North of England Road Running Committee meeting, the co-ordinator for measurements asked for anyone interested in becoming qualified to contact him before a training course can be arranged. The co-ordinator is Alan Ritchie, 132 Scotby Road, Scotby, Carlisle, Cumbria Tel : 01228 513200.

At present we are awaiting confirmation concerning 3 persons in Cheshire who went on the previous course, as to whether they are now finally qualified.

## UKA Coaching Courses :

The local courses are :

### Level 1 :

30/11/03 at Burnley Boys Club Ref No NW047  
17/01/04 in North Manchester (venue?) Ref No NW042  
21/02/04 at Victoria Park LC, Crewe Ref No NW046  
29/02/04 at Dean Leis. Cent, Bolton Ref No NW044

### Children in Athletics :

18/01/04 in North Manchester? (NWCIA08)

### Level 2 (Core) :

06/07 December at Sportscity (Manchester) (NW210)  
13/14 December at Heywood, Manchester (NW213)  
24/25 January 04 at Victoria Pk LC, Crewe (NW214)  
21/22 February 04 at Sportscity (Manchester) (NW211)  
**Level 2 (Event Specific) :**  
10/11 Jan 04 at St Helens  
24/25 April 04 at Sportscity (Manchester)

No Level 3 or 4 courses are yet listed in the North West.

In all cases contact Tony Airnes for an application form on 01253 358168 or [tairnes@ukathletics.org.uk](mailto:tairnes@ukathletics.org.uk). It is essential to book as early as possible as courses will be cancelled if there are insufficient bookings. *That is, do not leave it to the last moment as though you were entering an athletics event!!*

### **When is a club vest not a vest? Update**

In last month's Newsletter I raised what seemed to be a problem with crop-tops. The North of England AA, who get a copy of our Newsletter, have taken up this question with the Secretary of the UK Athletics Rules Group for clarification.

It is the "intention" of the Rule that there is NO difference between a conventional vest, crop-top or leotard **PROVIDED** that the registered colour and other registered markings (bands, diagonals, squares, lettering) are the same for all styles. So for team races all athletes from the same club do not have to wear the same style of "vest" but what they wear must conform as described above.

Please note that the Clothing Rule (Rule 17) does require vests and shorts (or equivalent clothing) to be clean and not be objectionable, even if wet.

The statement I made last time about not wearing crop-tops for cross country events is a recommendation and advice. It is not mandatory (yet?), but is common sense particularly in cold weather.

### **North of England Matters - 4.**

The UK Athletics Modernisation proposals have now reached the critical stage.

In view of very strong objections within England, the AAA of England along with the North, Midlands and South have put together proposals which have been submitted to UK Athletics and Sport England. These go along with the proposals of having 9 Regional Centres (preferred wording to "hubs") based on the RDC areas as now, BUT retaining the 3 Area territories to carry out a number of functions in conjunction with the Regional Centres. These proposals are due to be discussed by UK Sport, Sport England, AAA of E, UK Athletics and the North, Midlands and South at a meeting at the end of November.

Meanwhile, there is the UK Athletics Congress at Loughborough in a few days which is said will discuss delivery of the proposed structure (which one?) at the local level!! The Congress will be attended by 3 members of the Cheshire committee and hopefully other individuals from Cheshire Clubs who have signed up.

Some good news from NoEAA. At their General Committee meeting on Nov 1<sup>st</sup> (attended by George Bunner and Brian Warren on behalf of Cheshire County AA) the increase proposed in membership fees was reconsidered at the request of the NoEAA AGM (democracy!). It was decided to revert to the original

proposal namely an increase of £1 per athlete to £2 with effect from 1<sup>st</sup> May 2004.

### **County AGM**

Please make a note in your diary that the AGM of the Cheshire County AA will be held on 25 February 2004 at the Community Centre, Fluin Lane, Frodsham, commencing at 7:30pm.

### **Change of Club Secretary :**

**Razzers Runners** : Alan Bell, 17 Townfield Court, Barnton, Northwich CW8 4 UT (Tel : 01606 784680) e-mail : [acmbell@yahoo.co.uk](mailto:acmbell@yahoo.co.uk).

*Please ensure the County Secretary, Brian Warren is informed of any changes of Secretary for your club (Contact details : Brian Warren, 51 Fairways, Frodsham WA6 7RY, Tel No : 01928 732529, e-mail : [brian@brianwarren.fsnet.co.uk](mailto:brian@brianwarren.fsnet.co.uk)).*

### **Communications**

We would ask those who do receive the Newsletter electronically to "send" it on to their contacts in their club and/or put a paper copy on your Club notice board.

**Next County committee meetings : 17<sup>th</sup> December and 21<sup>st</sup> January 2004 at the Community Centre, Fluin Lane, Frodsham at 7:30pm - hopefully we will see your club represented at these meetings.**

Editor - John Driscoll (0151 339 5341 or, preferably, [jld@sunnyfield.co.uk](mailto:jld@sunnyfield.co.uk)).

*Any views expressed in this Newsletter are not necessarily those of the Cheshire County AA.*

Remember Cheshire County AA web-site for latest news and information :

**[www.cheshireaa.com](http://www.cheshireaa.com)**

Congratulations and thanks to our web master (Ashley Pritchard of Macclesfield) for running the County website. He recently produced very detailed statistics of use, which showed a lot of use, particularly with peaks soon after County Championships. Ashley is attempting to list results of previous County Championships on the web site, but is missing some in some disciplines. Have a look at the web site and if you have results which do not appear, please contact Ashley ([webmaster@cheshireaa.com](mailto:webmaster@cheshireaa.com)).