

July 2004

**Track & Field Championships.**

Inevitably mid-summer brings its many track and field championship events in which Cheshire athletes compete. A summary then of high level performances gleaned principally from Athletics Weekly.

The NoEAA Senior championships were held at Wavertree, Liverpool on a very unseasonal summer's day. Allyn Condon (Sale) won the mens 100m with Darren Scott 4<sup>th</sup>. Silver medals were won by Roger Skedd (City of Stoke) in the 110mH and Nick Jones (Salford) in the 5000m. Nicola Gore (West Cheshire) won a bronze medal in the Womens Shot as well as 4<sup>th</sup> place in the discus. Fourth places were also achieved by Clare Wright (Liverpool H) in the HJ and David McKay in the Javelin, while Becky Ellis (Vale Royal) in the 1500m and Will Lowndes (Liverpool H) in the shot (both Juniors) achieved 5<sup>th</sup> places.

In the AAA Under 23 championships, bronze medals were won by Tom Carter of Vale Royal (1500m), Darren Brackstone (400mH) and Roger Bate (Trafford) in the Discus. Lucy Evans (Sale) was 6<sup>th</sup> in the 200m. In the Under 20 championships held in the same meeting at Bedford, Becky Ellis (Vale Royal) won the 3000m steeplechase events, and then represented Great Britain in the same event in the Under 20 international at Sports City, Manchester a couple of weeks later. Clare Neve (Trafford) was 3<sup>rd</sup> equal in the U20 pole vault.

At the Olympic Trials and AAA championships, Darren Brackstone was 6<sup>th</sup> in the 400mH and Tom Carter 7<sup>th</sup> in the 1500m.

The English Schools championships, held at Gateshead on the same weekend as the Olympic Trials, provided a number of successes for athletes at school in Cheshire. Silver medals were won by Will Lowndes in the Senior Boys Shot and by Katie Read in the Senior Girls 100mH. Fourth places were achieved by Craig France in the Senior's 110mH, Hayley Jones in the Inters 100m and Morgan Brown in the Junior's 200m, while 5<sup>th</sup> places in finals were achieved by Ben Green (Senior 800m), Becky Ellis (Senior 1500m) and Carly Smith (Inters javelin).

Another success picked up from results was in the British Masters (*was Veterans*) championships where Tony Bell (Spectrum) was second in the 3km and 5km track walks.

Apologies for the second year running in missing Andrew Spence (Liverpool H) from the NoEAA junior championships results. Andrew won the U15 Boys 400metre event.

Elsewhere Karissa Hawitt (Warrington) has continued her winning ways on the Fells winning two more rounds of the English Under 18 championship at Helvelyn and Settle. Nick Jones was 3<sup>rd</sup> in the inaugural NoEAA 5K road running championship at Horwich in late June. The NoEAA have also resurrected their 10K road running championship which was held a couple of times at Runcorn several years ago. This year it is at Elloughton, North Yorkshire on September 19<sup>th</sup> - entry forms have been sent to all clubs by the North of England AA.

**Cheshire Track Relays, July 11<sup>th</sup>.**

Despite the attraction "down the road" in Manchester of the Olympic Trails, 97 of the 125 entered teams contested the annual County track relays at Macclesfield. The Warrington Under 15 boys team set a new record in the 4x800m event and Warrington Mens Veterans team have been accorded the record for the Vets 4x100m event when they recorded 0.1secs slower than a guest team from Altrincham in a previous year who "had" the record. We thank George Bunner for sponsoring the Under 11 events.

**John Young Award 2004.**

At the County Track & Field championships in May we made a presentation of the John Young award for services to the County to a surprised County Secretary, Brian Warren. The committee had decided the recipient at a meeting when Brian was away and managed to keep it quiet until the announcement on the day when our President, George Bunner made the presentation.

Brian has been secretary of the County Association since it was formed in 1992 and had previously been Secretary of the Mens District 5 committee under the Northern Counties AA which covered most of Cheshire. In addition to his secretarial duties Brian takes an active part in athletics in the County as an official as well as being heavily involved with his club, Halton & Frodsham.

**Forthcoming events :****NoEAA Inter-County Track & Field Championships  
Cudworth, nr Barnsley, Saturday 21 August**

Our pleas over several months for team managers produced no positive responses and others when asked were unable to assist. Pauline and Bob Lynch (reluctantly) have agreed to put a team together to ensure Cheshire will be represented at this event. Our thanks to them.

The event is for U15, U17 and Seniors, one athlete per event per County and most events. Athletes who wish to be considered and who finished in the first 3 in the Cheshire championships or who achieved comparable performances elsewhere are asked to contact Pauline (female) or Bob (male) as soon as possible either by phone/fax (01625 829229) or by e-mail : pauline\_lynch@hotmail.com

All athletes must have Cheshire qualifications - birth or 9 months continuous residence before the event and not participated in or for another County in the past year.

**Cheshire Road Running Grand Prix.**

The next race in the Cheshire GP series is the Birchwood 10K on 22 August which is also the County Championship. ***Despite last month's repeated request we have had only one offer (to Adrian Thiemicke) for the 2005 Cheshire 10K Road Running Championship (and that is from the organisers of the event which has held the championship for the past 2 years) Surely there are others who are interested?***

Details of subsequent events are on the CheshireAA web site. The co-ordinator is Adrian Thiemicke (e-mail : roadrunning@cheshireaa.com Tel : 01270 569012)

### County Championship dates :

**Junior Multi-events** : 12 September, at Macclesfield. Entry forms are available and have been posted on the Cheshire AA web site. Alternatively they are available from Mrs R Coombs, 'Balla', 217a Moor Lane, Wilmslow SK9 6DN. Entries close on 28 August.

### North West Counties Road Relays

Cheshire are hosting the 2004 event on Saturday, 18 September through Julian Spencer and Spectrum Striders at Birchwood Business Park which was the venue for the first 4 County NW Counties Relays..Entry forms will shortly be sent to all clubs involved in road running. As the event is "at home" it is hoped that Cheshire clubs will give their full support. I am sure Julian and his club colleagues will welcome any offers of help from other, local Cheshire clubs.

### Cheshire Cross Country Championships 2005

In the absence of any offers to host these championships Vale Royal AC agreed (I suspect reluctantly) to use the same course as earlier this year at Knights Grange, Winsford, but will be looking for help from other clubs to help set the course up and clear away afterwards. **The event will be held on Saturday 15 January 2005.** Bob Lynch of Macclesfield has offered to act as Championship Secretary. We are now aware from Cheshire Schools AA that their Country cross country championships will be held the first Saturday in February (5<sup>th</sup>).

### Road Race Fixtures (in Cheshire).

Forthcoming road races in Cheshire which have been notified to Adrian Thiemicke and Permits applied for are

4 Aug Pie & Peas 5 mile, nr Winsford (D Stevens 01606 75241)  
22 Aug Birchwood 10K [GP] (A Garnett 01606 888319)  
25 Aug Capenhurst 5K (D Legg 0151 339 0663)  
18 Sep NW Counties Road Relays, Birchwood  
19 Sep Antrobus 10K (P Simm 01606 891811)  
26 Sep Sutton 6 10K, Chester (R Batterham 01244 300107)  
3 Oct Macclesfield Half-marathon [GP and County Champs] (T Jarvis 01625 426829)  
10 Oct Congleton Half-marathon (M Thomas 01260 280152)  
17 Oct Chester Zoo 10K [GP last] (R Knight 0151 200 3943)  
?? Nov Langley 7 mile  
12 Dec Hale Village 5 mile, nr Speke (Halton BC)  
26 Dec Chester "Round the Walls"  
2005  
23 Jan 4 Villages ½ mara, Helsby (D Barnes 01928 723185)

### UKA Coaching Courses :

Below are local ones to Cheshire.

#### Level 1

13/11/04 SportsCity, Manchester (NW056)  
15/01/05 North Manchester (NW057)

#### Children in Athletics

14/11/04 SportsCity, Manchester (NWCIA11)  
16/01/05 North Manchester (NWCIA12)

#### Level 2 (Core)

19/20/02/05 SportsCity, Manchester (NW215)

#### Level 2 (Event Specific) :

23/24 April 05 at SportsCity Manchester

#### Level 3 (Phase1)

25/26 Sept 04 Stanley Park, Blackpool

Please book your place with Tony Airnes (Tel : 01253 358168 or e-mail : tairnes@ukathletics.org.uk).

Eddie Gore (Tel : 0151 513 5606) is the Cheshire County AA Coaching Co-ordinator, for additional information and your questions.

### New Personnel

We welcome Michael Hunt as the new Regional development Co-ordinator for NW England. He is based at Preston Sports Arena. Contact details : Tel : 01772 728872; Mobile : 07968 498710; e-mail : mhunt@englandathletics.org

Also we welcome Leonie Lightfoot as the Athletics Development Officer for Sport Cheshire (Active Sport) taking over from Emma Deakin. Leonie's contact details are Tel : 01606 871812 Ext 242 and e-mail : leoniel@sportches.org

Leonie attended our July committee meeting to introduce herself. She reported that there had been considerable debriefing after the Youth Games on 26 June, particularly over the vexed question of who should be taking part.

*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). Also please inform the NoEAA Office in Leeds.*

### Communications

Please ensure your club members see this Newsletter. - **The next County committee meetings are on the 1<sup>st</sup> September and 6<sup>th</sup> October at the Community Centre, Fluin Lane, Frodsham at 7:30pm - hopefully we will see your club represented at these meetings.**

**We were pleased to see 2 new faces at our July meeting and hope to see the trend continue.**

*Editor - John Driscoll (0151 339 5341 or, preferably, jld@sunnyfield.co.uk).*

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

Remember to look at the Cheshire County AA web-site for latest news and information :

**www.cheshireaa.com**

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