

June 2004

Senior Inter-County T&F Championships.

A report from team manager, Adrian Thiemicke :

A good weekend for the small Cheshire team at the CAU T&F Championships at Bedford at the end of May. Pride of place goes to City of Stoke's David Brackstone who won the 400mH in 52.43 to add to his recent British Universities title and remain undefeated over the distance so far this year.

Darren Scott was left ruing the luck of the draw after he was drawn in the tight inside lane for both his semi-final and final despite being amongst the 8 fastest 200m runners in the heats. This meant he was unable to emulate his bronze medal performance from 1999, but 7th place in 22.02 was still very creditable.

On the women's side Lucy Evans showed great promise in the 200m finishing 4th in 24.77 just 2/10's away from a medal. Also showing great promise was Trafford's Clare Neve who followed up her Championship Best Performance 2 days earlier at the NoEAA U20's by finishing 4= in the PV with 3.50m Tying with her was training partner, Kate Dennison, now competing for Staffordshire after finishing 2nd for Cheshire last year. Cheshire were 3rd team in the Men's Middlesex Trophy due to Darren Scott, David Brackstone and Andrew Hopkinson (7th in his heat of the 110mH in 15.33).

The women were 10= in the Essex Shield through Clare and Lucy (also competing in the 100m reaching the semi-final with 12.15s in her heat).

Northern Inter-Counties T&F - a PLEA

The **Northern Inter-county** event for all age groups is revived this year on Saturday, 21 August at Cudworth. Cheshire will organise a coach to take athletes, but **we need 2 TEAM MANAGERS**. Offers please to the County Secretary Brian Warren.

NoEAA U20's T&F Championships, Wigan.

Medals were won by a number of Cheshire athletes in these championships.

Championship winners were Adam Green (Warrington), Under 15 Boys 800m in 2m03.54s (with Lee Davenport (Vale Royal) very close behind taking the silver medal in 2m03.94s); James Callaghan (West Cheshire) in the U15 Boys SP with 12.19m, Becky Ellis (Vale Royal) in the U20 Womens 1500m in 4m31.63s and Clare Neve (Trafford) in the U20 PV with 3.60m. Silver medals were also won by sprinters Hayley Jones and Morgan Brown of Vale Royal in the U17 100m (12.7s) and U15 200m (25.63s) respectively, Steph Kleynhans (Macclesfield) in the U15 75mH (12.0s) and Sam Appleby (West Cheshire) with 65.88s in the U20 400mH. Will Lowndes (Liverpool H) gained 2 bronze medals in U20 throwing events with 14.71m in the Shot and 51.70m in the Hammer. Bronze medals were also won by Tom Stringer (Vale Royal) in the U17 400mH (58.88s) and by Lawrence Walker (Warrington) in the U15 3000m with a time of 9m20.70s.

British Masters Road Relay Championships.

Interesting to note that in these annual championships held at Sutton Park near Birmingham on 22 May, a team of 8 O40 men from West Cheshire finished a very creditable 12th team out of the 63 teams to finish while in

the O60 mens relay race a team of 3 from Spectrum Striders were 13th.

Other events - 2 :

Julian Spencer has provided results for the "other" event on 6th May which was held at Warrington, where athletes from Warrington, Spectrum Striders, Dark Peak FR and Helsby RC ran in a series of mile races to commemorate the first sub-4 minute mile by Roger Bannister exactly 50 years previously.

Forthcoming events :**Inter-County Fell Running Championships.**

These are being held on 3rd July in Langdale (Lake District). Tony Hulme is the County contact for Fell Running (Tel : 01625 529874, e-mail: running@bearsports.freemove.co.uk)

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 request we have had no offers (to Adrian Thiemicke) for the 2005 Cheshire 10K Road Running Championship.***

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 for the 2004 Track & Field Season are :

County Track Relays : 11 July. **PLEASE NOTE** that the venue for this is Macclesfield starting at 11am, as the new track at Stanney Oaks, Ellesmere Port will not be completely ready in time. Entries close July 5th

Junior Multi-events : 12 September, at Macclesfield.

The Cheshire Schools Minors T&F Championships are now being held at Macclesfield on Monday 28 June.

North West Counties Road Relays

It is Cheshire's turn to host this event in 2004 on Saturday, 18 September. ***We thank Julian Spencer and Spectrum Striders in agreeing to host this event on a new course at Birchwood Business Park which was the venue for the first 4 County NW Counties Relays. Also we thank Bill Smith (the County Treasurer) in offering to act as the Championship Secretary.***

Cheshire Road Running Champs 2005.

Offers are invited to host the Cheshire 10K road running championship in 2005. A repeated request!!

Cheshire Cross Country Championships 2005

In the absence of any offers to host these championships Vale Royal have 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. Awaiting confirmation from Vale Royal they will be held on 15 or 16 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 (5th).

Road Race Fixtures (in Cheshire).

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

24 Jun Warrington RR 10K
26 Jun Lymm 5K (J Spencer 01925 818807)
7 Jul Forest Park 5K, Birchwood (A Garnett 01606 888319)
9 Jul West Ches 5K, Upton (R Batterham 01244 300107)
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"

IMPERSONATION!!

Problems occur too frequently in road races where runners take part wearing a number which is not theirs. We have had a number of these incidences in Cheshire events this year. The County Committee have asked the Newsletter to highlight the case which was reported in the last NoEAA Newsletter in which a West Yorkshire athlete was unable to enter an event he wished to take part in as it was full up, but proceeded to run using his previous year's number. This gave "him" a ladies prize. After investigations, West Yorkshire County AA held a disciplinary hearing with the athlete and after admission, the athlete was suspended from all athletics competition for 3 months.

Taking part using another person's number is totally unacceptable for a number of reasons. Some event organisers are willing to re-register athletes, particularly where entries for an event have closed due to the entry limit having been reached. Setting an entry limit is an important part of the Risk Assessment for an event and entries should not be taken beyond this limit (could invalidate the insurance cover).

UKA Coaching Courses :

Below are local ones to Cheshire.

Level 1

10/07/04 Armitage Centre, Manchester (NW060)
13/11/04 SportsCity, Manchester (NW056)
15/01/05 North Manchester (NW057)

Children in Athletics

26/06/04 Victoria Park, Warrington (NWCIA14)
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.

We hope to see both at our next committee meeting in July.

The future structure of Athletics.

All clubs should now have received letters from AAA of England giving details of progress on formulating the new structure and also the chance to take part in discussions at Sports City, Manchester on Saturday and Sunday, July 10/11th.

As yet the role of County Associations in the potential new structure is not clear.

Club Secretary Changes :

Ellesmere Port RC : Bill Routledge, 19 Furrocks Lane, Ness, Neston, Cheshire CH64 4EH (Tel : 0151 336 7708, e-mail : waverley@constructionplus.net)

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 14 July and 1st September 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).

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

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

www.cheshireaa.com

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