

May 2004**Country Track and Field Championships.**

Two warm, dry sunny days; several championship bests; a good number of Grade 1 AAA performances, more athletes entered (but a small decrease in event entries) all contributed towards a successful and enjoyable County Track and Field Championships on 15/16 May at Victoria Park, Warrington.

Some outstanding highlights (which I saw during the 2 days): the highly competitive Under 15 Boys 800 metres final with two performances at each of the AAA Grade 1, 2, 3 and 4 levels, Lydia Morgan's senior ladies hammer throw of 46.75m adding over 14m to the County record, sprint doubles for Morgan Brown, Andrew Spence and Hayley Jones, a fast sub 1m54s 800m by Tom Carter to end the 2-day meeting. And there were others.

Our thanks to the many people who contributed to the success of the meeting : Warrington BC staff, Warrington AC for keeping all fed and watered, all of the Officials (those on view and those behind the scenes) who ran the meeting over the two days and particularly to our Championship Secretaries John and Carol Ashton. Finally a big thank you to the athletes - these are your championships. Your support is vital for their continuation, particularly when there are some voices who suggest that County Championships are past their "sell-by" date. Do you think so?

Track & Field Inter-Counties.

The Senior event is at Bedford over the last weekend in May. Entry standards apply - please contact Adrian Thiemicke (Tel : 01270 569012) if you wish to participate.

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 TEAM MANAGERS**. Offers please to County Secretary.

Successes for Cheshire Athletes, Teams and Clubs.

Fell Running : in the second round of the English Junior Fell Race Championships held near Huddersfield on 18 April, James Ellis (west Cheshire) won the Under 12 Boys race and Karri Hawitt (Warrington) won the Under 18 Womens event. Andy Ellis (Vale Royal) was third in the Mens race, second Under 20 to finish. The Championship is decided on performances over the series throughout the season. Looking back in Athletics Weekly, in the first round of the series at Burnley on 20 March, Heather Timmins (Warrington) was third in the Under 14 Girls event.

Road Running: in the Inter Counties ½ marathon championship held at Ackworth, West Yorkshire on 23 March, Rob Birchall (Notts AC) was second for Cheshire although Cheshire had not entered a team. Rob now has a full set of medals (gold, silver and bronze) representing Cheshire, his county of birth although for some time he has lived and worked outside the County. Leading Cheshire runners in the London Marathon this year, (from looking at the results which do not give club details) were Mike Proudlove, 47th in 2hrs 22m 40s and Vicki Perry (Altrincham) who was the first V45 lady to finish in a time of 3hrs 0m 27s.

Sports Hall Finals : held at the National Indoor Arena, Birmingham in April, the Cheshire Under 13 girls team were 2nd and the Under 15 Boys team 3rd. Tom Price was 3rd in the Under 15 Boys individual multi-event competition.

Other events :

On 6th May a number of mile races were held to commemorate the first sub-4 minute mile by Roger Bannister exactly 50 years previously. Events were held at Macclesfield and Warrington, while the event planned for the Knight's Grange track at Winsford has been put back to the day of the Sport Aid "Go the extra Mile" charity day in June.

Information from Bob Lynch about the Macclesfield event showed how popular the concept was with over 100 persons turning up to take part. A series of mile races were held with certificates for all and relay events over the mile distance (4 laps "plus a bit" on modern tracks). Four minutes was broken by a senior 4 Man team from Macclesfield H&AC recording 3:58.8 slightly faster than Bannister's time, while an Under 17 Mens team was just outside the 4 minute barrier. I have not heard about the Warrington event, but a few results appeared in Athletics Weekly. 50 years is along time to wait for the next occasion.

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 most recent race in the Cheshire GP series was the Christleton 5K on 14 May. A fast race with 380 finishers, a record for the event as was the field in the Chester Spring 5 mile. The GP series does therefore increase club entries.

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 will now be Macclesfield as the new track at Stanney Oaks, Ellesmere Port will not be completely ready in time. **BUT this is the second day of the Olympic Trails at Sport City, Manchester. Does that cause problems for you? PLEASE let me know within 7 days.**

Junior Multi-events : 12 September, at Macclesfield.

The **Cheshire Schools** T&F Championships are due to be held at Macclesfield on 12 June and the Minors event, planned for Ellesmere Port, is now being rearranged.

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.

Cheshire Cross Country Championships 2005

Due to be held on 16 January 2005, ***we seek offers for a venue.*** Bob Lynch of Macclesfield has offered to act as Championship Secretary.

Road Race Fixtures (in Cheshire).

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

30 May Wire FM 10K, Warrington (S Eckford 01925 723043)
5 Jun P Lowe Hollins Green 5K (M Drydale 01925 819922)
18 Jun Tattenhall Tough Team Challenge (L Woodley 01829 770770)
26 Jun Lymm 5K (J Spencer 01925 818807)
?? Jun Warrington RR 10K
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"

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

As Tony Airnes is out of the country please contact Emma Deakin at Sport Cheshire to book your place (Tel No : 01606 871812, Ext 204).

Emma has indicated that Sport Cheshire can contribute £50 towards your costs of attending a Coaching Course, ***but you need to contact her.***

Sport Cheshire Courses :

26 May Volunteer Management @ Knutsford - Sport Cheshire 01606 871812)
7 June Good Practice & Child Protection (Chester - C Essex-Crosby 01244 402275)
8 June Coaching Disabled Performers (Warrington - Sport Cheshire 01606 871812))
13 June Equity in Your Coaching (Crewe - G Beadle 01270 537232)

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

The future structure of Athletics.

Some will be aware that the "Foster Report" looking at this topic was published recently. Our President, George Bunner, as Chairman of AAAofE is very much involved in putting together the proposals for the structure for athletics in England based on the recommendations of this report.

If you wish to read the Foster Report it is available on the uksport web site (48 pages).

Club Secretary Changes :

Macclesfield H&AC : Mrs Lorraine Hilton, 8 Cheveley Close, Macclesfield SK10 2UB (Tel : 01625 430972; e-mail : nevil.hilton@ntlworld.com).

Warrington RR : Alison Lysons, 68 Elmsett Close, Great Sankey, Warrington (Tel : 01925 790119; e-mail : lysons@hotmail.com).

New telephone number : Andy Jones (Crewe & Nantwich AC) Tel : 01270 585736.

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 9th June 2004 and 14 July 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

©johndriscoll (18/05/04)