

October 2004

Competition.

In the recent **North of England Young Athletes Relays** at Stockport the Warrington Under 15 Boys team of Daniel Cliffe, Matt Jackson and Lawrence Walker won their event with Lawrence running the 4th fastest leg. Macclesfield were 10th and Vale Royal 17th in this event, a position that Vale Royal repeated in the Under Mens event. Warrington were 4th in the Under 13 boys and Macclesfield 15th. The Vale Royal U17 Ladies A team were 8th in their event, with the B team 13th. There was a close finish between 2 Cheshire teams in the Under 15 Girls event with Warrington 14th just 6 seconds ahead of Vale Royal. The Macclesfield Under 13 girls team were 7th with Rebecca Craigie running the 3rd fastest leg overall.

At the **North of England Senior Relays** at Blackpool the previous weekend, the Macclesfield Ladies team were 15th.

Congratulations to Olivia Renshaw who was first lady home in the Birchwood 10k and Cheshire Champion on her selection to represent the North of England in the Inter-regional match in Cardiff on 5th September. Olivia was 10th lady to finish, and second counter for the North

North West Counties Road Relays.

Held at Birchwood on 19th September this was Cheshire's turn to organise the event having been the first host 5 years previously. Good weather helped towards a successful day. Vale Royal were the overall NW Counties champions in the Under 17 Ladies event.

The full results are on the Cheshire AA web site. Our thanks to Spectrum Striders (and in particular to Julian Spencer) for hosting the event and to Bill Smith who acted as Championship Secretary. Unfortunately there was an accident to one of the Vale Royal runners, Victoria Jones, and her injury is likely to keep her from running for some time. We wish her a speedy recovery. Despite injuring herself while racing she carried on to the end of her leg which ensured that her team colleagues could complete the event.

Disappointingly there was only one person from other clubs who volunteered to help marshal the course, which puts a tremendous load on the host club.

Cheshire Half-marathon Championship.

This was held in conjunction with the Macclesfield event on 3rd October and again a lot of non-Cheshire runners entered the Cheshire Championship which has caused a delay in getting the awards to the true recipients.

The winner of the race, Mike Proudlove (City of Stoke) also takes the Cheshire Championship medal, while Rachel Pleeth (Macclesfield) wins the ladies medal

This event was also the penultimate race in the 2004 Cheshire Road Running GP which saw Wilmslow, already mens winners, winning again and also making a very strong push to become Female winners as well. It was disappointing that only 4 Cheshire clubs had ladies running in the event.

The final event in the :

Cheshire Road Running Grand Prix.

is the Chester Zoo 10K on 17 October when the Grand Prix awards will be presented and also two perpetual trophies donated by Running Bear (Tony Hulme).

The co-ordinator is Adrian Thiemicke (e-mail : roadrunning@cheshireaa.com Tel : 01270 569012)

County Championship dates :

Fell Race : as for previous years the Cheshire Fell Running championship will be held in conjunction with the Clwydian Hills event at Cilcain, near Mold on Sunday 7 November. Enter on day, start time 11am??

Cheshire Cross Country Championships 2005

Knights Grange, Winsford, on Saturday, January 15th. Again hosted by Vale Royal AC, the club this time will be looking for help from other clubs to set the course up, marshal and clear away afterwards.

The entry form is now on the Cheshire AA web site.

Looking ahead to the **Inter-county cross country championships** in March 2005, we are looking for a team manager for the U17 and U20 ladies. Offers please to the County secretary.

Cheshire Cross Country League (not part of the Cheshire County AA).

5 persons attended the recent AGM of the League from a club membership of about 25. League dates agreed are :

Tuesday 28th December, Frodsham

Sunday 13th February, Woodbank Pk, Stockport

Sunday 13th March, Macclesfield.

No volunteer has come forward to replace Hamish Thomson as League Secretary so there are likely to be problems in getting the paperwork together for these meetings. Any person who is willing to take on this role is asked in the first instance to contact the Newsletter Editor

Road Race Fixtures (in Cheshire).

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

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|---|---|
| 10 Oct | Congleton Half-marathon (M Thomas 01260 280152) |
| 17 Oct | Chester Zoo 10K [GP last] (R Knight 0151 200 3943) |
| 6 Nov | Langley 7 mile (T Jarvis 01625 426829) |
| 12 Dec | Hale Village 5 mile, nr Speke (Halton BC) |
| 26 Dec | Chester "Round the Walls" (B Hastings 01244 311908) |
| PLEASE NOTE NO ENTRIES ON DAY 2005 | |
| 23 Jan | 4 Villages ½ mara, Helsby (D Barnes 01928 723185) |
| 6 Feb | Alsager 5 mile |
| 6 Feb | Runcorn 5 mile (Halton BC 0151 420 9414) |

UKA Coaching Courses :

Below are local ones to Cheshire.

Level 1

- | | |
|----------|------------------------------------|
| 16/10/04 | Card Heenan Sch, Liverpool (NW061) |
| 13/11/04 | SportCity, Manchester (NW056) |
| 15/01/05 | North Manchester (NW057) |
| 19/03/05 | SportCity, Manchester (NW062) |
| 02/07/05 | SportCity, Manchester (NW063) |

Children in Athletics

23/10/04 Card Heenan Sch, Liverpool (NWCIA15)
 20/11/04 SportCity, Manchester (NWCIA11)
 05/12/04 Robin Pk, Wigan (NWCIA19)
 22/01/05 SportCity, Manchester (NWCIA12)
 26/03/05 SportCity, Manchester (NWCIA17)
 03/07/05 SportCity, Manchester (NWCIA18)

Level 2 (Core)

30&31/10/04 Card Heenan Sch, Liverpool (NW218)
 6&7/11/04 Robin Pk, Wigan (NW219)
 4&5/12/04 SportCity, Manchester (NW214)
 19&20/02/05 SportsCity, Manchester (NW215)

Level 2 (Event Specific) :

23/24 April 05 at SportsCity Manchester

Please book your place with Tony Airnes (Tel : 01253 358168 or e-mail : tairnes@ukathletics.org.uk) well before the date of the course.

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

Facilities

It is pleasing to record that, at last, the new synthetic surfaced track in Ellesmere Port has been handed over and is now in use, principally by West Cheshire AC but also by other clubs. Bookings can be made through Ellesmere Port & Neston BC (Miles Veitch on 0151 356 6752 or e-mail : miles.veitch@epnbc.gov.uk)

The track was used for a final round match of the Cheshire League on 5th September.

We also hear that improvement works are in hand for the cinder track at Knights Grange, Winsford.

Contacts

Michael Hunt, 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

Leonie Lightfoot, Athletics Development Officer for Sport Cheshire (Active Sport) : contact details are Tel : 01606 871812 Ext 242 and e-mail : leoniel@sportches.org

At our recent committee meeting Leonie gave an update on Active Sport in Cheshire. The 2005 Youth Games will be held for a change in Ellesmere Port. A reminder to clubs that UKA Club:futures grant applications were due in by 8th October and the next target date is 11th February, but your audits need to have been completed before you can apply for a grant. Stage 1 Active sport activities are taking place in Vale Royal and Congleton with schemes being planned for Macclesfield and Chester. Leonie is also starting work on setting up a Cheshire Development squad for 14/15 year olds which will "sit" below the North West Development squads

Awards.

We are pleased to record that Karissa Hawitt was made Halton Sports Personality of the year at their recent awards evening.

Also, congratulations to Bob Lynch (Macclesfield) who has received a Merit Award from the North of England AA for services to athletics particularly for his club work. Each year County Associations are invited to nominate

someone from their County who has made significant contributions, particularly towards their club.

Address changes

Please note that the **North of England AA** are moving office with effect from 1st November 2004. The address of their new office is : 7 Wellington Road East, Dewsbury, West Yorks WF13 1HF (Tel : 0870 991 4545, Fax : 0870 991 4546; e-mail : info@noeaa-athletics.org.uk).

Following an EGM, Andy Jones is confirmed as the Secretary of **Crewe & Nantwich AC**. **The address we have for him is : 16 Hillside Drive, Crewe CW1 4AT (Tel : 01270 589470)**

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 3 November and 8 December all except 3 November at the Community Centre, Fluin Lane, Frodsham at 7:30pm. The November meeting will be at the Castle Park Arts Centre, off Fountain Lane, Frodsham- hopefully we will see your club represented at these meetings.

We were pleased to see another new face (Julie Hicken of Warrington AC) at our September committee meeting who has already offered her services as team manager for the NoEAA Track & Field Inter-counties

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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