

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER - August 2008

### ROAD RACE FIXTURES in CHESHIRE

#### 2008

- 6 August Pie and Peas 5 mile, Whitegate (Multi-terrain). GP  
 10 August 10 mile at Great Warford, near Knutsford GP  
 17 August Birchwood 10K  
 17 August "On your Marks 10/5K", Crewe  
 20 August Capenhurst 5K (Ellesmere Port RC)  
 13 Sept. NW Counties Road Relays - Marbury Country Park, near Northwich  
 21 Sept. Sutton 6, nr Chester - County Champs and GP  
 21 Sept Antrobus Cabbage Canter 10K  
 27 Sept. NA 6 (men) and 4 (women) stage Road Relays  
 28 Sep Macclesfield Half Marathon  
 5 October Congleton Half Marathon, County Champs  
 5 October Northern Athletics Young Athletes Road Relays, Liverpool  
 5 October Great North Run, Newcastle  
 12 Oct "On your Marks 10/5K", Nantwich  
 1 Nov Langley 7  
 26 Dec Chester "Round the Walls"

#### 2008

- 18 Jan 4 Villages ½ marathon, Helsby  
 22 Feb High Legh 10  
 29 March Wilmslow Half Marathon

The next race in the Cheshire RR GP series (Race 6) will take place at the Pie and Peas 5 mile, on 6 August.

*(Addition: the Pie and Peas race was held last night – the damp weather did not deter a large turn-out for a popular event, particularly from Cheshire clubs. Nicky Archer sealed the ladies individual GP championship for 2008, but other individual and team positions remain open for the final two GP races on Aug 10 (Gt Warford 10 mile) and 21 September (Sutton 6 10K) to provide the answers. – John Driscoll)*

### **NW Counties Road Relays at Marbury Park, Northwich, Saturday 13 September**

Entry forms and other details are on the Cheshire AA web site. Although the Cheshire AA committee have decided that Cheshire clubs will not be charged an entry fee for their teams in this event, you still need to enter before the closing date.

### CROSS COUNTRY

#### 2008

- 25 Oct Manchester Area X-C League, Heaton Park  
 1 Nov ECCU X-Country Relays, Mansfield  
 16 Nov Manchester Area X-C League, Boggart Hole Clough  
 29 Nov. UKA X-C Challenge and European Trials, Liverpool  
 13 Dec Manchester Area X-C League, Sherdley Park

#### 2009

- 4 Jan Manchester Area X-C League, Woodbank Park  
 10 Jan. County X-Country Championships (Knights Grange, Winsford)  
 24 Jan. Northern Athletics X-Country Champs., St Helens  
 7 Feb Manchester Area X-C League, Wythenshaw -Park  
 22 Feb. English National X-Country Champs., London

### FELL RACING

#### 2008

- 7 August Delamere Forest Trail Running Series

### TRACK AND FIELD

#### **Track & Field - Fixtures**

- 9-10 U15/U17 England T&F Championships, Birmingham  
 August  
 10 August U23 Int. Terr. Home International, Derby  
 10 August Cheshire T&F League Round 3  
 15-24 Aug. OLYMPIC GAMES  
 16 August Open Track Relays, Litherland (inc. Merseyside Champs)  
 16-17 Aug. NA U15/U17 Combined Events Champs., Birmingham  
 23 August Northern Inter-Counties Championships, Hull  
 23-24 Aug NW Combined Events Open, Sport City  
 26 August NA U20s 3000m Championships, Ryebank Road  
 30-31 Aug UK School Games, Bath/Bristol  
 7 Sept Cheshire T&F League, Round 4  
 13 Sept Northern 10K Track Championships, Sport City  
 14 Sept Cheshire Junior Multi-Events Champs., Macclesfield  
 20-21 Sept English Schools Combined Events, Birmingham  
 8-16 Sept. PARALYMPIC GAMES  
 22 Nov NA Indoor Open Meeting, Sheffield  
 13 Dec. NA Indoor Open Meeting, Sheffield  
 2009  
 17-18 Jan. NA Sen. & U20 Indoor Champs., Sheffield  
 25 Jan. NA U17 & U15 Indoor Champs., Sheffield

Entry forms for the County Multi-Events Championships are now available on the County website.

**Congratulations** to Halton and Frodsham Harrier, JADE CARR, who recently returned from the European Heart and Lung Transplant Games, held in Vichy, France. Jade, who is only 14, competed in the Senior age Group (18-20) returning with a fistful of medals. She won Gold in the 100m (15.3), Gold in the Long Jump (3.33m) and Bronze in the 4x100m relay; after taking the baton in last place she produced a blistering leg to bring the team home in Bronze position. Demonstrating her all-round versatility, Jade also won Gold medals in Badminton Singles and Doubles Events, and wrapped up her medal haul with a win in the Table Tennis Singles. Her globetrotting days are not over, as she has already been invited to compete in the World Transplant Games in Australia in 2009. Hopefully she will be as successful as she was last year, when she returned from Thailand with a Gold and a Silver.

*(Also, noticed in today's Athletics weekly was that Darren Scott won the European Masters M35 200m title and he is hoping to break the World Masters 200m record next year when he moves up an age group).*

### **UKA Coaching Courses (local to Cheshire)**

Subsidised places are available - funding information is available from Katie Jones [kjones@englandathletics.org](mailto:kjones@englandathletics.org). (Cheshire). Please book early – several courses are already full.

#### **LEVEL 1**

NW1C158 - 13.9.08 Robin Park. Wigan  
NW1C159 - 4.10.08 Sport City  
NW1C160 - 22.11.08 Sutton  
NW1C161 - 6.12.08 Bolton

#### **LEVEL 2 – CORE**

NW2C243 – 27-28.9.08  
NW2C244 – 25-26.10.08 Wade Deacon HS

#### **LEVEL 2 EVENT SPECIFIC**

NW2E231 - 9.8.08 (Endurance) Sport City  
NW2CS03 - 9.8.08 (Speed) Sport City  
NW2CT02 - 13.10.08 (Throws) Sport City  
NW2CJ02 - 14.10.08 (Jumps) Sport City

#### **LEVEL 3 MODULE**

NW3SC04 - 6-7.9.08/ (Strength and Conditioning)

Details of courses at other venues can be found on [www.ukathletics.net](http://www.ukathletics.net)

Information on Funding Opportunities for U23s is available via a link from the Northern Athletics website.

Eddie Gore (Tel : 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator

**PLEASE NOTE** that all enquiries about athletics should now be directed to the NW Regional Office at Sport City.

Specific enquiries re affiliation and membership should be sent to Athletics Services, details having been sent to ALL affiliated clubs, leagues and associations. The new NW Region administrator is Debbie Beresford at Sports City (0161 230 8184, [dberesford@englandathletics.org](mailto:dberesford@englandathletics.org)) and the new Regional Manager (Andy Lee) started on March 3<sup>rd</sup>.

**New e-mail address for County Secretary** : Brian Warren : [bjwarren@talktalkbusiness.net](mailto:bjwarren@talktalkbusiness.net)

**PLEASE** send any items for the next Newsletter direct to the Editor (Ellen Molloy):

[jamesandellenmolloy@btopenworld.com](mailto:jamesandellenmolloy@btopenworld.com)

ALL CONTRIBUTIONS WILL BE GRATEFULLY RECEIVED.

### **COMMUNICATIONS**

Please ensure your club members see this Newsletter. Cheshire AA Newsletters can be viewed on the Cheshire AA website.

**The next County committee meeting will be held on Wednesday 13 August and will be held at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. ALL clubs are entitled to a representative at this meeting.**