

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

December 2009

FIXTURES - Road and MT

2009

13 Dec Tatton Pud Plod 10K and Fun Run (Cheshire Hash House Harriers) (**FULL UP**)

26 Dec Chester 'Round-the-Walls' (**FULL UP**)

27 Dec Northern Athletics 10K Champs., Ribble Valley, Clitheroe

2010

17 Jan 4 villages half marathon, Helsby (**FULL UP**)

7 Feb Alsager 5 mile

7 Mar Farndon 10K

20/21 Mar Northern 12 and 6 stage relays - TBC

28 Mar Wilmslow Half Marathon (**almost FULL**)

7 Apr Chester Spring 5 mile

(25 Apr LONDON MARATHON)

16 May Chester Half Marathon

31 May Chester Marathon

7 June Forest Park 5K, Birchwood (Ladies only)

15 Aug Great Warford 10 mile

22 Aug Birchwood 10K

25 Aug Capenhurst 5K

12 Sep Gawsworth 10K MT

19 Sep Sutton 6 10K, nr Chester

(19 Sep? Great North Run)

26 Sep Macclesfield half-marathon

10 Oct Cabbage Canter 10K, Antrobus

10 Oct Congleton half-marathon

We would appreciate dates for other events proposed to be held in Cheshire.

FIXTURES - Cross Country

2009

12 Dec Manchester Area League Round 3 – Boggart Hole Clough

2010

3 Jan Manchester Area League Rd 4, Woodbank Park

9 Jan Cheshire Championships at Reaseheath College, Nantwich

23 Jan Northern Championships, Witton Park, Blackburn
download forms from www.northernathletics.com

30 Jan Manchester Area League Rd 5, Wythenshaw Park

27 Feb English National Championships, Leeds

13 Mar World CAU Trials – location tbc

Entry forms for the Cheshire Cross Country Championships are now available on the County website.

Inter-County CC Championships.

As yet there has been no official announcement of the venue for this event (which for a number of years has been held at Woollaton Park, Nottingham). The latest suggestion is Cofton Park, SW Birmingham, where the English National CC Championships were held several years ago.

If any one is interested in acting as one of the team managers for Cheshire teams at this event, please inform John Driscoll (jld@sunnyfield.co.uk). We could be short of one. The usual coach/bus transport is being arranged.

FIXTURES - Fell Racing

The 2010 Inter-Counties Fell Running Championship will be held on 22 May in the Lletty Fell race at Llangynhafal (north of Ruthin) GR 128647
Contact Alan Barlow on 0161 483 9330.

FIXTURES – Track and Field

2009

12 Dec Northern Indoor Open, Sheffield

2010

9-10 Jan England/Northern Combined Events, Sheffield

16-17 Jan Northern Senior & U20 Indoor T&F Champs., Sheffield

24 Jan Northern U17/U15 Indoor Championships, Sheffield

6-7 March England/Northern Combined Events, U17 and U15, Sheffield

8-9 May County T&F Championships, Macclesfield

22-23 May Northern U17/U15 Indoor Championships, venue tbc

19-20 June Northern Senior Championships, Sport City

? July County Track Relay Championships, Crewe

12 Sep County Combined Events Championships plus U11 Triathlon, Macclesfield

Paper entry forms for Northern Championship and Open (Cross Country and Indoor events) will be sent to Clubs only on request.

Athletes and Coaches – please note - There are just 2 weeks left to get your application in for a Ron Pickering Memorial Fund grant. The grants are available for young track and field athletes who are in education and may need financial help towards training or provision of equipment. A staggering 52 of the 67 members of the athletics team at the Beijing Olympics have been helped by the Ron Pickering Memorial Fund at sometime during their careers. Applicants should be aged between 15 and 23 and in education. Athletes' talents should be backed up by one of the following:

- A National Schools Championships medal
- An U17, U20 or U23 Championships medal
- An international representative
- In the top six of the appropriate UK ranking lists for event and age group.

Grant forms may be downloaded from the Ron Pickering Memorial Fund website, or a request can be made to have one posted to you. All details are on the website at www.rpmf.org.uk. The closing date is Monday 30 November 2009.

The Cheshire Network Action Group has been formed to promote discussion between Clubs with a view to sharing ideas, best practice and initiatives for a host of activities. It has been initiated by an Athletics Network bid to England Athletics for significant funding but the six clubs currently involved are keen to include as many Cheshire Clubs as possible. The next informal meeting will be held on Wednesday 2nd December at the Lion Pub in Moulton, Northwich. If you wish your club to be involved please contact the Network Coordinator Andy Garnett by email on andy.garnett@amec.com. Alternatively, for more information about Athletics Networks, contact Sarah Friday of England Athletics. The minutes of the first meeting can be found on the Cheshire AA website.

A new Run in England group is starting in Sandbach on 1 December. Everyone, over the age of 18, is welcome to join up, whatever their age, size or ability, and Roger Alsop, who is a fully trained group leader, will make sure that you're well looked after and have loads of fun. The starting date for this group is Tuesday 1st December meeting at Sandbach School at 6:30pm. If you'd like to give it a go, please contact Roger Alsop on 07811 323662 or Alison Lysons on 07545 926430 and they'll tell you how to become involved.

FIXTURES - SPORTSHALL ATHLETICS

6 Dec NW League Round 4

17 Jan NW League Round 5

28 Feb U13 & U15 North West Final, Wigan
UK Final – date and venue TBC

TRAINING

2010

30 Jan	NW Combined Events Development Day, Manchester
28 Feb	NW Combined Events Development Day, Manchester
28 Mar	NW Combined Events Development Day, Manchester

CHESHIRE & WARRINGTON SPORTS PARTNERSHIP COURSES

2009

A Club for All

Basic First Aid

Equity in your Coaching

2 Dec Ellesmere Port (venue tbc)

Safeguarding and Protecting Children

2010

A Club for All

13 Jan Cheshire County Officers' Club

Basic First Aid

19 Jan Northwich Cricket Club

18 Mar Cheshire County Officers' Club

Equity in your Coaching

22 Feb Northwich Cricket Club (tbc)

Safeguarding and Protecting Children

1 Feb Safeguarding and Protecting Children

8 Mar Northwich Cricket Club

Note that the above courses are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation/reaccreditation for Clubmark. For further information please telephone 01606 871812.

Officials' Courses

2010

Level 2 - Generic plus one other – please specify on application

Generic 10am-12 noon / other 1.00pm – 3.00pm

21 Feb NO032 Level 2 Track/Field/TK at Wavertree

27 Mar NO035 Level 2 Track/Field/TK at Macclesfield

Further information can be obtained from Debbie Beresford (email address below or Joe Shellhorn – joseph.shellhorn@tesco.net, or on Cheshire website.

UK coaching courses (local to Cheshire)

Children in Athletics

5 Dec NC0051 Sportcity £60

20 Feb NC0112 Robin Park, Wigan £60

Level 1

19 Dec NC0065 Sportcity £60

28 Feb NC0113 Robin Park, Wigan £60

22 March NC0109 Sportcity, Manchester £60

Run in England - Leadership in Running Fitness

7 Nov NC0050 Sport City £90

27 March NC0115 Cumberland Athletic Track, Crewe (TBC) £90

Level 2

Express course – must attend on all dates – Leverhulme Park £140

5 Dec NC0080 Event Day & Ass't – Speed

5 Dec NC0081 Event Day & Ass't - Throws

6 Dec NC0082 Event Day & Ass't - Endurance

6 Dec NC0085 Event Day & Ass't - Jumps

Express course – must attend on all dates – Sportcity £140

30-31 Jan NC0086 Core weekend plus 1 event module **

20 March NC0086S Event Day & Ass't – Speed

20 March NC0087T Event Day & Ass't - Throws

21 March NC0088E Event Day & Ass't - Endurance

21 March NC0091J Event Day & Ass't - Jumps

** Leigh Sportcity – all other dates at Sportcity Manchester

Level 2 Sport City

Level 3 Module - Strength and Conditioning

12&13 Dec NC0009 Sportcity £100

16&17 Jan NC0093 Sportcity

£100

Level 3 Phases 1, 2 and 4

Qualification to be introduced in January 2010 - Venues and fees to be confirmed. **Please check UKA website for information including details of Level 3 Phase 4 courses. See website address below.**

Subsidised places are available – funding information can be obtained from Sarah Friday (contact information below). PLEASE BOOK EARLY AS COURSES FILL UP QUICKLY. Application forms and cheques to be returned to England Athletics, Education and Customer Services, Wellington House, Birmingham International Park, Solihull, Birmingham, B37 7HE or some courses can be booked online at www.englandathletics.org.

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator. Eddie recommends that all clubs who have licensed coaches to keep a watch on CRB renewals which are coming up (a 3 year cycle) to ensure their licence remains valid.

CRB application forms are available from Jane Fylan, UK Welfare Co-ordinator : Telephone 0161 223 4246 or email her at jfylan@uk.org.uk

A brief note to explain the new Vetting and Barring Scheme which is in addition to CRB can be viewed on the County website.

Details of forthcoming **courses for officials** are now available on the England AA web site.

Debbie Beresford is the Education Co-ordinator for the North of England. She is based at Sports City (0161 230 8184, dberesford@englandathletics.org

Sarah Friday (sfriday@englandathletics.org) is the Coach and Club co-ordinator for Cheshire and for Greater Manchester. (Tel : 0161 230 8184).

The next County Meeting will take place at Fluin Lane, Frodsham on Wednesday 9 December commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative.

INFORMATION for the NEWSLETTER :

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

jamesandellenmolloy@btopenworld.com