

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER - February 2009

### ROAD and MT RACE FIXTURES in CHESHIRE

2009

15 Feb	Walk for Water
22 Feb	High Legh 10 (RACE FULL)
1 March	Farndon 10K
29 March	Wilmslow Half Marathon (GP3) race full
4 April	Cheshire YA Spring Relays, Marbury Pk, Northwich
5 Apr	Northern 12/6 Stage relays, Stockport
8 April	Chester Spring 5 mile ( <i>Cheshire County Championship</i> )
12 April	Run the Bridge 5 mile, Runcorn
12 April	Air Products South Cheshire 10K, Crewe (GP4) ( <i>Cheshire County Championship</i> )
19 April	Whitley 10K
26 April	London Marathon
1 May	Delamere Trail series
8 May	Christleton 5K
16 May	Eagle & Crossfield 5K, Warrington
17 May	Shell Chester half-marathon
28 May	Mobberley 5 mile MT
30 May	Pete Lowe Memorial Hollins Green 5K ( <i>Cheshire County Championship</i> )
1 June	Delamere Trail Series
14 June	Capenhurst 10K
18 June	Woolston Pk 10K, Warrington RR
19 June	Tattenhall Tough Team Race
20 June	Lymm 5 (GP5)
1 July	Forest Park Ladies 5K
18 July	Burtonwood 5 mile
29 July	Alderley Edge 4ml MT
?? Aug	Pie & Peas 5 mile MT (GP6)
1 August	Delamere Trail series
5 August	Christleton 5
16 August	Great Warford 10 mile (GP7) ( <i>Cheshire County Championship</i> )
23 August	Birchwood 10K
20 Sep	Antrobus Cabbage Canter 10K
20 Sep	Sutton 6 10K, nr Chester (GP8)
27 Sep	Macclesfield Half Marathon ( <i>Cheshire County Championship</i> )
11 Oct	Congleton Half & Quarter -Marathon
7 Nov	Langley 7 (nr Macclesfield)
26 Dec	Chester 'Round-the--Walls'

Two races have now been completed in the Cheshire Road Running GP series for 2009, with new clubs and individuals performing well challenging those who have won in previous seasons. Full details are on

[www.cheshireaa.com](http://www.cheshireaa.com)

A summary of road running performances and participation in 2008 by members of Cheshire clubs has been prepared by John Driscoll and is available from him on [jld@sunnyfield.co.uk](mailto:jld@sunnyfield.co.uk) Some of the information will appear on the Cheshire AA website

### **CROSS COUNTRY**

2009

7 Feb	Manchester Area X-C League, Wythenshaw -Park
21 Feb	English National X-Country Champs., London
7 March	Inter-Counties championships, Nottingham

21 March English Schools' Championships, Leicestershire

In the **Northern Athletics** cross country championships at Sherdley Pk, St Helens there was success for both Cheshire clubs and individuals :

Vale Royal's U17 Ladies team took gold medals for whom Rebecca Craigie was 4<sup>th</sup> and took silver team medals in the Under 15 Girls race with Tessa McCormick 5<sup>th</sup>; Warrington AC's U20 Mens team took bronze medals in a very close fought team race, with Lawrence Walker 4<sup>th</sup>; in the Under 15 girls race D Wallis of Macclesfield won the bronze medal

Other top 10 individual placings were achieved by A Clews (Vale Royal), Under 17 men and Liam Renton (West Cheshire), Under 15 Boys;

### **FELL RACING**

2009

1 March	Cloud Nine Hill Race, Congleton
10 June	Boars Head Race, Higher Poynton 7:30pm ( <i>Cheshire Championship</i> ). Organiser : D Jones, Pennine Fell Runners

### **TRACK AND FIELD**

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

2009

7-8 Feb	U15/U17 and U20 Championships
8 Feb	Indoor City Cup Final, Sheffield
14-15 Feb	UK Indoor Championships, Sheffield
7-8 March	U17 & U15 CE Championships, Sheffield
8 March	Indoor Open, March
19 April	Cheshire T & F League Round 1
26 April	National Junior League Round 1
2 May	Northern League Round 1
3 May	YAL Round 1
9-10 May	County Championships – probably Warrington
17 May	YAL Round 2
24 May	National Junior League Round 2
23-24 May	U17&U15 Champs., Gateshead
31 May	YAL Round 3
6 June	Northern League Round 2
14 June	National Junior League Round 3
20 June	Senior and U20 Champs., Sportcity
21 June	YAL Round 4
5 July	Northern League Round 3
10-12 July	World Trials & UK Champs., Birmingham
12 July	Cheshire T & F League, Round 2
19 July	YAL Round 5
26 June	National Junior League Round 4
2 August	Northern League Round 4
8-9 August	NW Combined Events Open
9 August	Cheshire T & F League Round 3
6 Sep	Cheshire T & F League Round 4

Results from Cheshire athletes competing in the NoE Senior and U20 Championships at Sheffield on 17 and 18 January are as follows:

U20 Ladies 3000m – 1<sup>st</sup> Amy Talbot, Warrington; U20 Mens 3000m 1<sup>st</sup> Harry Ellis, Warrington in a new CBP; 2<sup>nd</sup> Matt Jackson, Warrington; U20 Mens 1500m 1<sup>st</sup> Stephen Broadhurst, Warrington; Ladies 200m 5<sup>th</sup> Beth Hicken, Warrington; Senior Ladies 200m 2<sup>nd</sup> Rachel Stoakley, West Cheshire; U20 Ladies 60m 7<sup>th</sup> S Kelman, West Cheshire; 8<sup>th</sup> Bryony Potter, West Cheshire; U20 Ladies Long Jump 8<sup>th</sup> Sian Kelman, West Cheshire.

**Athletics for the Young Charity** seeks applications from athletes under the age of 23 who are in full-time education or equivalent, and who are not receiving other funding, to apply for assistance. The offer is open until the end of February. For further information contact Alan Barlow on [runalan55@hotmail.com](mailto:runalan55@hotmail.com). Please also check out the Northern Athletics website.

### **POLE VAULT DEVELOPMENT SQUADS 2008-2009**

Cost £3.00 per day. All sessions will be held at Sportcity, Manchester. Ideal athlete age range is 13-17 years. This is a development squad with coaches invited to attend alongside their athletes. For further information please contact Rod Grant-Smith on Mobile 07984 516479 / email address [leogrant@tiscali.co.uk](mailto:leogrant@tiscali.co.uk)

12.00-16.00

Saturday 21 February	Combined groups
Saturday 1 March	Combined groups
Saturday 25 April	Combined groups

### **COMBINED EVENT SQUADS 2008-2009**

Cost for these training sessions will be £3.00 per day and all sessions will be held at Sportcity, Manchester. Coaches are also invited to attend the sessions, with or without their athletes to assist or to observe. Age range is from 15 through to Seniors, and you will be able to choose from three events on the day. Packed lunch, drink bottles and suitable clothing for both indoor and outdoor work. Events on offer will be High Jump, Long Jump, Pole Vault, Hurdles, Javelin, Shot and Discus.

SUNDAY 10.00am – 3.00pm  
22 February 2009  
22 March 2009

For further information please contact Roger Devlin:  
Telephone 0161 962 8973 / Mobile 07802403821  
Email – [rogerdevlin@btinternet.com](mailto:rogerdevlin@btinternet.com)

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

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

### **CHILDREN IN ATHLETICS**

NW3CA75 - 28.2.09 Sportcity (Fully booked)

### **JOG ENGLAND**

NWJOG03/02 - 14.3.09 Sportcity  
NWJOG05/02 - 15.3.09 Crewe

### **LEVEL 1**

NW1C172/04 - 11.4.09 Litherland  
NW1C169/02 - 26.4.09 Cumberland Track, Crewe

### **LEVEL 2 – CORE**

NW2C250/02 - 18-19.4.09 Sportcity  
NW2C247/02 - 13-14.6.09 Cumberland Track, Crewe  
NW2C251/02 - 11-12.7.09 Sportcity  
NW2C248/02 - 12-13.9.09 Litherland

### **LEVEL 2 EVENT SPECIFIC**

NW2CS04 - 4.4.09 Speed Sportcity (Fully booked)  
NW2CT05 - 4.4.09 Throws Sportcity  
NW2CE04 - 5.4.09 Endurance Sportcity (Fully booked)  
NW2CJ04 - 5.4.09 Jump Sportcity

### **LEVEL 3 MODULE STRENGTH AND CONDITIONING**

NW3SC05/02 - 28.2.09-1.3.09 Sportcity (Fully booked)

### **LEVEL 3 PHASE 2 – MUST ATTEND ALL 3**

NW2C110/02 - Sportcity  
4&11 March 2009 - 6.30pm-9.30pm  
14 March 2009 - all day

### **LEVEL 3 – PHASE 4 – EVENT SPECIFIC**

6-7.6.09 - Sportcity  
NW3CS014 - Sprints  
NW3CE02 - Endurance

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

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

### **Officials.**

A Level 2 Track & Field Officials course has been arranged for Macclesfield on Saturday March 28<sup>th</sup>. It will include a session on EDM measurements for field events. Further details from the County Officials Secretary : Joe Shellhorn : [joseph.shellhorn@tesco.net](mailto:joseph.shellhorn@tesco.net)

With the changes to the structure of England Athletics a new Education Co-ordinator has been appointed for the North of England : Debbie Beresford at Sports City (0161 230 8184, [dberesford@englandathletics.org](mailto:dberesford@englandathletics.org))

### **NOTE TO ALL CLUBS :**

***Preceding the next County committee meeting on 25<sup>th</sup> February, Sarah Friday, the England Athletics Club and Coach Development Officer for Cheshire and Greater Manchester will come to Frodsham to meet Cheshire clubs to explain her role and what England Athletics can contribute to clubs within the new structure.***

***Remember the reorganisation of EA at the end of 2008 is designed to release significant funding for helping particular aspects of athletics at club level. Come along and find out.***

At the **County AGM** the new constitution was agreed with some minor changes, one of which at very short notice is that UK Athletics are now known as UKA.

The officers carry on as in the previous year, so again the Association has no Chairman. If any person is willing to undertake this helpful role would they please contact the County Secretary, Brian Warren.

**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 also be viewed on the Cheshire AA website.

*Remember to look at:*                    [www.cheshireaa.com](http://www.cheshireaa.com)