

# CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

## September 2009

### FIXTURES - Road and MT

#### 2009

- 19 Sep NW Counties Road Relays, Stanley Park, Blackpool (includes **Cheshire Champs**)  
20 Sep Antrobus Cabbage Canter 10K  
20 Sep Sutton Six 10K, nr Chester (**GP8**)  
20 Sep Boggart Chase 10K  
26 Sep Northern Athletics 6/4 Stage Relays, Leeds Met Univ, Headingley Campus  
27 Sep Macclesfield Half Marathon (**Cheshire County Championship**)  
27 Sep Northern Athletics YA Relays, Headingley Campus  
4 Oct "English" Half Marathon, Warrington  
4 Oct Sandstone Trail Race (A – 17.1 miles / B - 10.6 miles)  
11 Oct Congleton Half and Quarter Marathon  
18 Oct National YA Road Relays, Birmingham  
25 Oct Halloween Hellraiser 8.75ml MT, South Cheshire H  
7 Nov Langley 7, nr Macclesfield  
29 Nov Northern Athletics 10 mile Championships, Thirsk  
13 Dec Tatton Pud Plod 10K and Fun Run (Cheshire Hash House Harriers)  
26 Dec Chester 'Round-the-Walls'  
27 Dec Northern Athletics 10K Championships, Ribble Valley, Clitheroe

#### 2010

- 17 Jan? 4 villages half marathon, Helsby  
28 Mar Wilmslow Half Marathon  
7 Apr Chester Spring 5 mile  
25 Apr LONDON MARATHON

The eighth and final race in the Cheshire Road Race Grand Prix series will take place at Guilden Sutton. Wilmslow head both the Ladies and Mens team standings. At the head of the Mens Individual standings are S Doyle (Vale Royal), A Lamont (Manchester H) and M Hatton (South Cheshire Harriers), whilst leadin the Ladies league are N Bird (Ellesmere Port), G Barnett (Vale Royal) and K Readman (Manchester Harriers).

Fancy a timed **FREE 5K run** every Saturday morning? For the past 15 months such an event has taken place in Bramhall Park, near Stockport. This is part of the "parkrun" series which has grown over the last 2 years or so throughout Britain. Entry is on line and if you wish to run you need to register by the Friday evening preceding the run. Go to : [www.parkrun.org.uk/bramhall](http://www.parkrun.org.uk/bramhall) There are other events in Woodbank Park, Stockport and Heaton Park, north Manchester, but none as yet in the western part of Cheshire or Merseyside.

### FIXTURES - Cross Country

#### 2009

- 24 Oct Manchester Area League Round 1 – Heaton Park  
15 Nov Manchester Area League Round 2 – Sherdley Park  
12 Dec Manchester Area League Round 3 – Boggart Hole Clough

#### 2010

- 3 Jan Manchester Area League Rd 4, Woodbank Park  
23 Jan Northern Championships, Witton Park  
30 Jan Manchester Area League Rd 5, Wythenshaw Park  
27 Feb English National Championships, Leeds  
13 Mar World CAU Trials – location tbc

The **2010 Cheshire Cross Country Championships** will be held at Crewe on 9 or 10 January. However, for these championships to

proceed a Championship Secretary is required. Offers to the Country Secretary, Brian Warren, please.

### FIXTURES - Fell Racing

CONGRATULATIONS to Heather Timmins of Warrington who will join the Great Britain Junior Team to take part in the World Mountain Running Championships. Congratulations also to Olivia Walwyn of Altrincham who will join the England team for the Commonwealth Mountain Running Championships at Keswick, on 20 September.

On 29 June, there were medals and great results for England's young mountain running athletes. Great Britain and N Ireland took boys and girls teams to the 4th International Youth Challenge. The race, held over 5km for boys and 3km for girls was run over a tough 1km lapped course which consisted of a steep climb from the start of 80 metres and then took the athletes down a difficult descent which included steps and sharp turns.

Running steadily, Rachel came through from outside the top 15 to finish 6<sup>th</sup> James Ellis who came home in 17<sup>th</sup> position was a member of the England team claiming bronze medals. See James Ellis' report on the Cheshire AA web site.

### FIXTURES – Track and Field

#### 2009

- 17 Sep Joe Moran Memorial T&F Meeting, Sportcity 7.00-9.00pm  
[tinpet40@yahoo.co.uk](mailto:tinpet40@yahoo.co.uk) for details (veterans up to V70)  
19 Sep Jumps and Throws Meeting, Liverpool  
21 Nov Northern Indoor Open, Sheffield  
12 Dec Northern Indoor Open, Sheffield

NW Combined Events, Sport City – results for Cheshire athletes: U11 boys Elijah Montez-Brown (West Cheshire) 4<sup>th</sup>; U17 Youths Tom Booth (West Cheshire) 1<sup>st</sup>, Alexander Wort (Warrington) 2<sup>nd</sup>; U11 girls T Lammond (West Cheshire) 6<sup>th</sup>; U15 girls Alice Jennings (West Cheshire) 1<sup>st</sup>, Olivia Montez-Brown (West Cheshire) 3<sup>rd</sup>.

### CHESHIRE COMBINED EVENTS CHAMPIONSHIPS , U17 OPEN AND U11 TRIATHLON – Macclesfield 13.9.09 (organised by Handforth Athletic Club)

U17 Men Open - 1<sup>st</sup> T Booth, West Cheshire; 2<sup>nd</sup> A Simms, Altrincham; 3<sup>rd</sup> W Perriam, C&N. U17 Ladies Open – 1<sup>st</sup> V Anderson, West Cheshire; J Guinnane, Sale; 3<sup>rd</sup> D Erskine, West Cheshire. U15 Boys – T Penn (C&N); A Hailes (C&N); D Hayes (H&F). U15 Girls – 1<sup>st</sup> equal L James (C&N); A Jennings (West Cheshire); 3<sup>rd</sup> E Littlefair (Warrington). U13 Boys – 1<sup>st</sup> A Kirsopp (Warrington); 2<sup>nd</sup> J Nwuabeze (C&N); 3<sup>rd</sup> A Kirk and R McCormick (West Cheshire). U13 Girls – 1<sup>st</sup> A Williams (West Cheshire) (**new County Record**); 2<sup>nd</sup> G Pickles (C&N); 3<sup>rd</sup> J Wright (H&F). U11 Girls – 1<sup>st</sup> J Pyatt (H&F); 2<sup>nd</sup> K Chadwick (Warrington); A Williams (West Cheshire) U11 Boys – 1<sup>st</sup> C Bailey (Macclesfield); 2<sup>nd</sup> Elijah Montez-Brown (West Cheshire); 3<sup>rd</sup> L James (Handforth).

Note that full results including the Open competitions, plus team results in the U11 age group are available on the County website.

### FIXTURES - SPORTSHALL ATHLETICS

- 4 Oct NW League Round 1  
22 Nov FIA North West Final Sport City  
28.2.10 U13 & U15 North West Final, Wigan  
League dates are still to be finalised.

## ATHLETIC NETWORK BID

Cheshire Clubs will have received a communication from Sarah Friday regarding the above. The deadline for resubmission has been extended to 30 October. If you are unsure as to what this is, or what the Network Bid can offer you, Sarah will be pleased to hear from you, so please get in touch as soon as possible to arrange a meeting. Sarah needs to know urgently which Clubs want to be part of a Cheshire network and resubmission bid.

## TRAINING

2009

- 21 Nov NW Combined Events Development Day, Manchester  
2010  
30.1.10 NW Combined Events Development Day, Manchester  
28.2.10 NW Combined Events Development Day, Manchester  
28.3.10 NW Combined Events Development Day, Manchester

## CHESHIRE & WARRINGTON SPORTS PARTNERSHIP COURSES

### A Club for All

22 Sep Alsager

### Basic First Aid

9 Sep County Officers Sports Club, Chester

21 Sep Chester University, Padgate Campus

### Equity in your Coaching

24 Sep Macclesfield

### Safeguarding and Protecting Children

15 Sep Winsford/Northwich

28 Sep Chester University, Padgate Campus

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.

### UK coaching courses (local to Cheshire)

#### Children in Athletics

5 Dec NC0051 Sportcity £60

#### Level 1

19 Sep & 11 Oct NUK01 Sportcity  
plus Assessment Day (tbc) £150

#### Run in England - Leadership in Running Fitness

10.10.09 NC0046 Woodbank Park, Stockport £90

17.10.09 NC0050 Sportcity £90

#### Level 2 (Core)

12-13 Sep NW2C248/02 Litherland Stadium £140

#### Level 2 (Event) Sport City

26 Sep NC0004 Speed £30

26 Sep NC0005 Throws £30

27 Sep NC0006 Endurance £30

27 Sep NC0007 Jumps £30

#### Level 3 Module - Strength and Conditioning

29-30 Aug NC0008 Sportcity £100

12-13 Dec NC0009 Sportcity £100

#### Level 3 Phases 1, 2 and 4

Qualification to be introduced in January 2010 - Venues and fees to be confirmed.

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](http://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.

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

**NEW copies** of the AAA standards scheme are available – many thanks to Edwin Bellamy. Follow links to Edwin Bellamy to download a copy.

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](mailto:dberesford@englandathletics.org))**

**Sarah Friday ([sfriday@emglandathletics.org](mailto:sfriday@emglandathletics.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 14 October 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](mailto:jamesandellenmolloy@btopenworld.com)