

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

August 2010

Peter and Marian Allen were presented with the John Young Award for 2010 during the interval at the Cheshire AA Track relays at Crewe. Each year the County AA gives the award to one (or more persons) who have made significant contributions to athletics in the County of Cheshire in memory of John Young who was the first Chairman of the current Cheshire County AA. Both Peter and Marian have contributed significantly to Cheshire athletics not only through their officiating (Peter is a highly graded time keeper and Marian both a track and field event judge), but also they have made numerous contributions behind the scenes. Peter recently stepped down from acting as vice-chairman of the County AA, steering the Association through the challenging times from being a 'sub-committee' of the NoEAA to an 'independent' organisation within England Athletics.

FIXTURES - Road and MT

2010

15 Aug **Great Warford 10 mile – GP6 + County Champs**
22 Aug Birchwood 10K
25 Aug Capenhurst 5K
12 Sep Gawsworth 10K MT, near Macclesfield.
18 Sep North West Road Relays, Greater Manchester
19 Sep Sutton 6 10K, nr Chester
19 Sep? Great North Run
26 Sep **Macclesfield half-marathon GP7**
2 Oct Northern 6 & 4 stage road relay, Wythenshawe Park
Northern Young Athletes' Road Relays, Wythenshawe Pk
(Note: same day, same venue). Entry form available.
3 Oct English Half Marathon, Warrington
10 Oct Cabbage Canter 10K, Antrobus
10 Oct Congleton half-marathon
16 Oct ERRA National Mens 6 stage/Womens 4 Stage Road Relays, Birmingham
17 Oct National Young Athletes' Road Relays, Birmingham
17 Oct Sandbach 10K
24 Oct Alderley Bypass 5 mile (run the new bypass before it opens) – entry forms available on "ukresults" and "race-results" web sites.
6 Nov Langley 7 (Macclesfield Harriers)
28 Nov (Northern 10 mile Champs, Thirsk)
10 Dec Tatton Park Yule Yomp, & 3K Fun Run (Cheshire Hash House Harriers)
26 Dec Chester Round the Walls
27 Dec (Northern 10K Champs, Ribble Valley, Clitheroe)

2011

27 Feb High Legh 10K
20 Mar Northern Athletics 12 and 6 stage Road Relays, venue to be confirmed.
27 Mar Wilmslow Half Marathon (includes England Champs)
6 April Chester Spring 5 mile
9 April National 12 and 6 stage Road Relays, Birmingham
10 April Air Products 10K, Crewe (not Easter Sunday this year!)
1 May South Cheshire Harriers 20 mile, Crewe
15 May Chester half-marathon

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

Congratulations to **M Barnes**, Altrincham, who finished first in the Northern Athletics 5k Road Race held in Blackburn on 19 July.

After 5 of the 7 races in this year's **Cheshire AA Grand Prix series** Damian Nicholls (Wilmslow) leads the men's individual table and Kate Spilsbury (Vale Royal) the ladies. In the team tables, South Cheshire

Harriers men are slowly pulling away from the other clubs, while Wilmslow ladies are in the ascendancy in theirs. Kate Spilsbury is also the handicap leader, but only narrowly several other athletes.

FELL RUNNING

CROSS COUNTRY

2 Oct N Staffs League at Knights Grange (tbc)
9 Oct Northern Athletics 1st Annual Cross Country Relay Championships, Sheffield (Entry form available)
23 Oct Manchester X-C League, Heaton Park
6 Nov ECCA Relays, Mansfield
6 Nov North Staffs League, Park Hall
13 Nov N Staffs League, Stafford Common
21 Nov Manchester X-C League, Sherdley Park
27 Nov UKA Cross Country Trials, Sefton Park, Liverpool
4 Dec Manchester X-C League, Boggart Hole Clough
13 Dec North Staffs League, Westwood HS, Leek
2011
2 Jan Manchester X-C League, Woodbank Park, Stockport
29 Jan Northern Cross Country Championships, Sunderland
12 Feb Manchester X-C League, Clayton Vale (nr Velodrome)
19 Feb ECCA Cross Country Championships, Alton Towers

FIXTURES – Track and Field

2010

7-8 Aug Northern Athletics U17/U15 Combined Events, Stoke
8 Aug Cheshire T&F Meeting Round 3
10 Aug Trafford Grand Prix 8
10 Aug NA Senior & U20 Women 2K S'chase Championships
14-15 Aug NW Combined Events Open, Sport City (**includes Cheshire Champs for U17-Masters**)
21-22 Aug EA U17&U15 Championships, Bedford
24 Aug Trafford Grand Prix 9
24 Aug NA U20 3K S'chase Championships
28 Aug **Northern Athletics Inter-Counties, T&F Champs., Gateshead (CHESHIRE TEAM MANAGERS ARE REQUIRED FOR THIS MEETING – any OFFERS) Seniors, Juniors, U17 and U15. SEE BELOW**
4-5 Sep U23&U20 Combined Events, Stoke
5 Sep Cheshire T&F Meeting Round 4
7 Sep Trafford Grand Prix 10
11 Sep NA Inter-Club Cup and Plate Championships plus 10,000m Championships, Trafford
12 Sep County Combined Events Championships plus U11 Triathlon, Macclesfield
18-19 Sep English Schools' Combined Events Champs., Stoke
25 Sep NA Racewalking Championships, Doncaster

Both Harry Ellis of Warrington AC (1500m) and Liam Clowes of Crewe and Nantwich AC (4x100m) were selected for the IAAF Junior Championships held 19-25 July in Canada.

Hayley Jones (Wigan) was selected for the Womens 4x100m relay team for the European Championships held recently in Barcelona. Congratulations to all for these representative honours

In the **European Masters Championships**, Cheshire athlete Darren Scott (Trafford) won both the MV40-44 age group 100 and 200m events.

The County Relay Championships were held at Crewe on 4 July. Thanks to Crewe for hosting the day. Winners only are listed below, but a complete set of results can be found on the County website.

U11 Girls 4x100m Crewe & Nantwich 'A' 60.4; 3x600m Macclesfield 'A' 6.18.4; U11 Boys 4x100m Macclesfield 60.1; 3x600m Warrington 'A' 6.00.5; U13 Girls 4x100m West Cheshire 'A' 54.8; 3x800m Warrington 'A' 7.33.3; U13 Boys 4x100m West Cheshire 'A' 53.5; 3 x 800m Warrington 'A' 7.22.1 (new record); U15 Girls 4x100m Trafford 'A' 51.6; 3x800m Vale Royal 'A' 7.27.3; Medley West Cheshire 'A' 2.38.7; U15 Boys 4x100m Crewe & Nantwich 'A' 48.3; 3x800m Vale Royal 6.39.0 (new record); Medley Crewe & Nantwich 2.25.1; U17 Ladies 4x100m Crewe & Nantwich 'A' 50.0 (new record); 3x800m Vale Royal 'A' 7.27.7; Medley Crewe & Nantwich 2.47.3; U17 Men 4x100m Crewe & Nantwich 45.3; 3x800m Crewe & Nantwich 6.24.0; Medley Crewe & Nantwich 2.21.6; Ladies 3x800m Vale Royal 7.27.8; Medley Men 4x100m Crewe & Nantwich 45.8; 3x800m Medley Vet Ladies 4x100m 3x800m Medley Vet Men 4x100m 3x800m Medley.

Northern Inter-Counties T&F Championships, Gateshead, 28 August - as there have been no offers for Team Managers for this event, we regret that Cheshire will not be entering a team. However, if suitably qualified athletes (that is, County Champions or equivalent performances) wish to take part as individuals (Under 15 and older) in the name of Cheshire they are asked to contact Adrian Thiemicke for further information (RoadRunning@cheshireaa.com)

SPORTSHALL ATHLETICS

Dates and venues for the North West League are listed below. As last year, Clubs will compete in four of the five fixtures.

3 Oct	12 noon at Widnes
24 Oct	14 noon at Widnes
28 Nov	12.30pm at Wigan
5 Dec	12.30pm at Deeside
16 Jan	12.30pm at Crewe
6 March	League final at Widnes

Get interactive with UKA – check out all the latest news, views blogs and videos. Connect on Facebook, Twitter and YouTube.

The Cheshire Network Action Group

The Cheshire Network Action Group is now close to employing staff to manage improvements to benefit Athletics Clubs in the Network. Several events are planned to generate interest and benefit the Clubs involved. Look on the Cheshire County website to see the Network Plan and meeting notes or come to the next meeting and see what it could mean for your club. Seven Clubs are now actively involved - we would like all 31 Cheshire Clubs to participate and benefit.

The Cheshire Network Action Group meets on a regular basis, at the Lion Pub, Moulton. The next informal s on Wednesday 8 September. If you wish your club to be involved please contact the Network Coordinator Andy Garnett by email on andy.garnett@amec.com or phone him on 01925 675420 during working hours.

Currently **AAA Standard Certificates and Badges** are available to athletes who achieve certain standards in T&F events at formal meetings where there are graded officials (not when training). Brian Warren holds a stock of Certificates and Badges for Cheshire. He would like to hand this duty over to a volunteer and would like to see the subject publicised more. When standards are achieved at League meetings, the host club might issue a Certificate but to get a Badge they are directed to apply by post, which is usually too much trouble.

If a volunteer is found, it could be publicised in the Newsletter and on the web site to make it known that they are readily available. The Certificates are free but the Badges cost £1 or £2 depending on the

design. If this service could be available at the T&F Championships, it would be appreciated.

Cheshire Club List – Mike Lamb of West Cheshire AC has taken over responsibility for keeping the list up to date.

TRAINING

2010

CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

Safeguarding and Protecting Children

6 Sept SPC1 EPIC, Ellesmere Port
22 Sept SPC1 Wilmslow High School
11 Oct SPC1 Lymm High School

All Courses are from 6.30 – 9.30pm

Note that the courses are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation/reaccreditation for Clubmark. To book please create an account or log-in at www.coachingcw.org. On your home page will be a "Book Event" icon, please click and complete our new online booking form (payment will also be taken online). Aside from the above courses, CWSP need you to tell them what courses you need. Coaches – Please create an account or log-into www.coachingcw.org and click the "Course availability" icon on the right hand side of the page. Then you can tell us what courses you need, what venues you can travel to and what days of the week you can attend. If for whatever reason you feel unable to complete booking forms and payments online, please call 01606 871812 for further information and we can provide you with support.

UK coaching courses (local to Cheshire)

The UKA Coaching structure has been changed significantly. EA North have circulated details to contacts in all clubs and details are available on the EA and UKA web sites. Reference is also made to the changes in Pace, Spring 2010 (produced by EA). For full details go to http://coaching.uka.org.uk/qualifications/leaders_awards/

PLEASE NOTE that you should book early for courses as there are only a limited number being held in the northwest. Some courses require participants to do some reading in advance.

RUN IN ENGLAND – Leadership in Running Fitness				
29.8.10	Sportcity, Manchester	NW	NC0160	£90
3.10.10	Sportcity, Manchester	NW	NC0161	£90
27.2.11	Sportcity, Manchester	NW	NC0162	£90
LEADER AWARD				
2.10.10	Sportcity, Manchester	NW	NC0169	£95
26.2.11	Sportcity, Manchester	NW	NC0171	£95
COACHING ASSISTANT				
13-14.11.10	Sportcity, Manchester	NW	NC0175	£130
26-27.2.11	Sportcity, Manchester	NW	NC0172	£130
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.				
2-3.10.10	Days 1 and 2 Sportcity, Manchester	NW	NC0142	£325**
4.12.10	Day 3			
30.1.11	Assessment day – time tbc			

Please check UKA website for information including details of Level 3 Phase 4 courses. See website address below.

Contact **Debbie Beresford** for course information. Debbie is the Education Co-ordinator for England Athletics – North, and can be contacted on dberesford@englandathletics.org. Telephone (mobile) 07920 532552. 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, preferably two weeks before course date, or some courses can be booked online at www.englandathletics.org.

CRB information - Brian Warren, the County Secretary has received a post card from the Independent Safeguarding Authority which refers to changes to the Criminal Records Procedure which they want to be brought to your attention. Please go to the following web site to read it fully: www.businesslink.gov.uk/vrb

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.

Officials' Courses - 2010

A Level 2 Officials Course is being held at Witton Park, Blackburn on 11 September. The course will cost £15 and the programme is as follows: Generic 10am-12 noon, Track/Field 1.00-3.00pm. Further information from **Alan Morris** – cheshireofficials@gmx.com, or from the Cheshire website. This will be the last course before the spring of 2011. Alan is hoping that should there be sufficient numbers there will be a course in Cheshire in Spring of next year. Also check out the England AA website. Contact **Tina Beresford** for information concerning Officials' Courses for the North of England. She is based at Sports City tinaberesford@englandathletics.org. Telephone 07920 532552

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 Committee Meeting will be held on Wednesday 8 September at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative or representatives.

INFORMATION for the NEWSLETTER :

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

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