

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

December 2010

Cheshire County AA would like to wish all athletes, coaches, officials and helpers a Merry Christmas and Happy New Year. Best wishes for 2011.

Congratulations to Cheshire Athlete, Hayley Jones, who was named Sports Personality of the Year. She was presented with the Award at the Mere Golf and Country Club on 15 November.

FIXTURES - Road and MT

2010

12 Dec Tatton Park Yule Yomp, & 3K Fun Run (Cheshire Hash House Harriers)

19 Dec Cheshire Santa Dash

26 Dec Chester Round the Walls

27 Dec (Northern 10K Champs, Ribble Valley, Clitheroe)

2011

23 Jan 4 Villages half-marathon, Helsby (GP1)

27 Feb High Legh 10K

20 Mar Northern Athletics 12 and 6 stage Road Relays, Catterick (venue tbc)

27 Mar Wilmslow Half Marathon (+ England Champs) (GP2)

6 April Chester Spring 5 mile

9 April National 12 and 6 stage Road Relays, Birmingham

10 April Air Products 10K, Crewe (GP3)

24 April Runcorn Bridge 5 mile (GP4)

1 May South Cheshire Harriers 20 mile, Crewe

6 May Christleton 5K (&.30pm)

15 May Shell Chester half-marathon

4 June Hollins Green 5K

25 Jun Lymm 5K (GP5 – men only)

??July Burtonwood 5 mile

?? Jul Forest Park Ladies 5K (GP5 – women only)

?? Aug Pie & Peas 5 mile MT, nr Winsford (GP6)

21 Aug Spectrum Striders 10K

18?Sep English half-marathon, Warrington

18Sep Sutton 6 10K, nr Chester (GP7)

25 Sep Northern Athletics Road Sen/YA Relays, Birchwood

9 Oct MBNA Chester Marathon

NOTE : The GP races for 2011 are subject to organisers' agreement.

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

FELL RUNNING

The 2011 Cheshire Fell running championships will be held in the "Cloud" 9 mile Fell race, Congleton, organised by Congleton Harriers, on March 6th. It has not been possible to organise a 2010 championship.

CROSS COUNTRY

Remember to check your entries for the County Cross Country Championships – age group qualification for U11 and U13 have changed.

4 Dec Manchester X-C League, Boggart Hole Clough

5 Dec NW Sunday League, Arrowe Park, Birkenhead

13 Dec North Staffs League, Westwood HS, Leek

2011

2 Jan Manchester X-C League, Woodbank Park, Stockport

8 Jan Cheshire Cross Country, Birchwood (form on website)

16 Jan NW Sunday League, Runcorn Town Park

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
27 Feb NW Sunday League, Walton Park, Liverpool
5 March CAU Cross Country Championships, Birmingham
6 March NW Sunday League, Birchwood Forest Park

Please note that cross country leagues are usually restricted to members of clubs who have joined the league before the season started!

National Cross-Country Relays, November 6th

Teams from Cheshire clubs won a number of medals at the annual event in Mansfield :

U20 Men, Warrington AC (Matt Jackson, Danny Cliffe and Stephen Broadhurst), third team

U13 Girls, Warrington AC (E Smith, H Knowles Jones, J Coulson) second team

Other top 10 team placings were achieved by Warrington with 5th in both the U15 and U13 Boys events, while Vale Royal AC finished 9th in the U13 Boys, 7th in the U20 Women and 6th in the U17 womens' events.

INTER-COUNTY CROSS COUNTRY CHAMPIONSHIPS, 6th MARCH

***** URGENT PLEA *****

There has been no response to the request below which was in the November Newsletter. We only have 2 of the 5 team managers in place.

We still require offers for the :

U17/U20 Men U13/U15 Girls and U17/U20 Women

A bus has been arranged for the inter-counties to help with transport.

IMPORTANT NOTE : We will need team managers for at least the U13/U15/U17/Jun female age groups for the Inter-county cross country championships at Cofton Park, Birmingham on 5 March 2011. Offers, in the first place to John Driscoll, jld@sunnyfield.co.uk

FIXTURES – Track and Field

2010

5 Dec Manchester Indoor Open, Sportcity

11 Dec NA Indoor Open, Sheffield

19 Dec Manchester Indoor Open

2 January Manchester Indoor Open, Sportcity

8-9 Jan EA inc. NA Sen & U20 E Events Champis., Sheffield

15-16 Jan NA Indoor Championships, Sheffield

5 Feb Indoor Vets Open

12-13 Feb Aviva Trials & UK Indoor Champs., Sheffield

19 Feb Manchester Indoor Open, Sportcity

26-27 Feb EA U20 Open Championships, Birmingham

5-6 March EA inc. NA U17 & 15 C Events Champs., Sheffield

5 March Manchester Indoor Open, Sportcity

7 May Northern Track and Field League, Match 1

8 May YAL, Round 1

14-15 May Cheshire T&F Championships (venue tbc)

4 June Northern Track and Field League, Match 2

18-19 June NA Senior & U20 T&F Champs., Sportcity

3 July Northern Track and Field League, Match 3

31 July NA Inter Counties T&F Championships, Leigh

6-7 August NA U17 and U15 Championships, venue tbc

14 August Northern Track and Field League, Match 4

Please note that discussions are continuing on holding the Cheshire and Greater Manchester County Track and Field championships at the same venue on 14/15 May. In effect they would remain as separate championships.

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.

5 Dec	12.30pm at Deeside
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16 Jan	12.30pm at Crewe
23 Jan	U11s FIA Sportcity (by selection)
27 Feb	Regional Finals, Wigan (by selection)
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 and Merseyside Athletics Network

The first newsletter from the two networks has been issued and posted onto the Cheshire Athletics website. The newsletter details the history of the two groups and their objectives for the first year. Read about the success of the initial set of events staged by the groups. Currently eight Cheshire Clubs are involved.. If you wish your club to be involved please contact the Network Chairperson Andy Garnett by email on andy.garnett@amec.com or phone him on 01925 675420 during working hours.

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

Athletics for the Young Charity 2011

Grant application forms can be downloaded from the Cheshire website. To be considered, you need to be under 23 and in full-time education. For further information check the details on the form.

TRAINING

CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

Note that the courses organised by the Partnership are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation/ 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). CWSP need you to tell them what courses you need. Please call 01606 871812 for further information and support.

6 Dec	Safeguarding and Protecting 2: Review and Reflect	EPIC Ellesmere Port
7 Dec	Emergency First Aid	Wilmslow H S
8 Dec	Introduction to the Fundamentals of Movement	Chester Uni Padgate Campus

All courses begin at 6.60pm and last for 3 hours. Cost is £30.

Contact: 01606 871812 or coachingcw.org

UK coaching courses (local to Cheshire)

The UKA Coaching structure has been changed significantly. EA North has 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				
27.2.11	Sportcity, Manchester	NW	NC0162	£90
16.4.11	Cumberland Track, Crewe	NW	NC0216	£90
LEADER AWARD				
19.3.11	Sportcity, Manchester	NW	NC0171	£95
COACHING ASSISTANT				
26-27.2.11	Sportcity, Manchester	NW	NC0172	£130
12-13.3.11	Litherland Sportpark	NW	NC0215	£130
9-10.4.11	Leigh Sports Village	NW	NW207	£130
21-22.5.11	Cumberland Track, Crewe	NW	NW212	£130
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. <u>Cost includes all modules and assessment.</u> See notes below.				

29-30.1.11	Days 1 & 2, Robin Park, Wigan	NW	NC0215	£325
5.3.11	Day 3			
11.6.11	Assessment Day (time tbc)			
2-3.4.11	Days 1 & 2,	NW	NC0197	£325
8.5.11	Day 3			
7.8.11	Assessment Day (time tbc)			
7-8.5.11	Days 1 & 2	NW	NC0208	£325
25.6.11	Day 3			
1.10.11	Assessment Day (time tbc)			
23-24.7.11	Days 1 and 2	NW		£325
3.9.11	Day 3			
3.12.11	Assessment Day (time tbc)			
COACH IN RUNNING FITNESS (contact D Beresford for details)				
13-14.11.10	Days 1 and 2, Robin Park, Wigan			£200
8.1.11	Day 3, Robin Park, Wigan			
9.4.11	Assessment Day			

Cheshire Officials – Alan Morris prepared a report for the November meeting – this can be viewed in full on the Cheshire website. He has also issued a Cheshire Officials' newsletter. The gist of the report details the final stage of realignment for all officials which will begin to come into place in 2011.

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 that 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 - 2011

Level 2 Course 10.00-noon Generic/1.00-3.00pm Discipline/£15 pp		
20.02.11	Wavertree	NO 075/TJ - Track Judge
20.02.11	Wavertree	NO 075/FD - Field Judge
20.02.11	Wavertree	NO 075TK - Timekeeper
Level 2 Course 10.00-noon Generic/1.00-3.00pm Discipline/£15 pp		
5.3.11	Sportcity	NO 078TJ
5.3.11	Sportcity	NO 078FD
5.3.11	Sportcity	NO 075TK
5.3.11	Sportcity	NO 078 SM
Level 2 Course 10.00-noon Generic/1.00-3.00pm Discipline/£15 pp		
26.3.11	Macclesfield	NO 077TJ

26.3.11	Macclesfield	NO 077FD
26.3.11	Macclesfield	NO 077TK
H&S March/April 2011 Wavertree - TBC		

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 079684 98704

Sarah Friday (sfriday@emglandathletics.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 15 December 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):

jamesandellenmolloy@btopenworld.com