

# CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

## February 2010

**THE CHESHIRE COUNTY AA AGM is being held on WEDNESDAY, 17 February at Frodsham Community Centre, Fluin Lane at 7:30pm. All affiliated Cheshire Clubs are entitled to send a representative.**

The world of athletics will be saddened to hear of the death of Wilf Paish, who had fought illness for a number of years. The funeral will take place at St Oswald's Parish Church, Guisley, Leeds at 12.30pm on 9 February (church service only). Mr Paish was influential in developing coaching strategies and was a mentor to many of today's coaches. He was known throughout the UK and the world, and was associated with many of the UK's top athletes including middle-distance runner Peter Elliott and javelin throwers Tessa Sanderson and Mick Hill.

**Congratulations to Spectrum Striders** who were presented with their England Athletics NW Senior Club of the year award recently by England Athletics CCSO Sarah Friday at their annual AGM.

### **FIXTURES - Road and MT**

**2010**

7 Feb	Alsager 5 mile
21 Feb	High Legh 10K (full)
7 Mar	Farnon 10K
21 Mar	Northern 12 and 6 stage relays – Wythenshawe Park, Manchester
28 Mar	Wilmslow Half Marathon ( <b>FULL</b> )
4 Apr	Halton Run-the-Bridge 5 mile
7 Apr	<b>Chester Spring 5 mile GP1</b>
17 April	ERRA National Mens' 12 stage and Womens' 6-stage road relays
18 Apr	<b>Whitley 10K- GP2</b>
(25 Apr	LONDON MARATHON)
25 April	South Cheshire Harriers, 20 mile
7 May	Christelton 5K
16 May	<b>Chester Half Marathon – GP3 (Online entries open mid-day 15 February)</b>
31 May	Chester Marathon, from Chester Rugby Club
5 Jun	<b>Hollins Green 5K – GP4</b>
?? Jun	<b>Warrington RR 10K – GP5</b>
7 July	Forest Park 5K, Birchwood (Ladies only)
15 Aug	<b>Great Warford 10 mile – GP6</b>
22 Aug	Birchwood 10K
25 Aug	Capenhurst 5K
11 Sep	NW Counties Road Relays, Merseyside
12 Sep	Gawsworth 10K MT, near Macclesfield.
19 Sep	Sutton 6 10K, nr Chester
(19 Sep?	Great North Run)
26 Sep	<b>Macclesfield half-marathon GP7</b>
10 Oct	Cabbage Canter 10K, Antrobus
10 Oct	Congleton half-marathon

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

The 2009 Cheshire Road Race rankings and age groups bests are available on the Cheshire county web site.

### **FIXTURES - Cross Country**

**2010**

13 Feb	<b>Cheshire Cross Country Championships, Reaseheath</b>
27 Feb	English National Championships, Leeds
13 Mar	Inter-counties CC Champs (+World CAU Trials) – Cofton Park, SW Birmingham

Entries for the Cheshire Cross Country Championships have now been extended until 6 February. For further information please see the County website.

### **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**

**2010**

27-28 Feb	U20 ~indoor Championships, Birmingham
6-7 March	England/Northern Combined Events, U17 and U15, Sheffield
07 April	Liverpool Throws Competition, Wavertree
1 May	Northern League Match 1
8-9 May	County T&F Championships, Macclesfield
29-30 May	Northern U17/U15 Indoor Championships, Leigh
5 June	Northern League Match 2
12-13 June	Northern Senior/U20 Championships, Sport City, Manchester
19-20 June	EA U23/U20 Championships, Bedford
4 July	Northern League Match 3
3 July	County Track Relay Championships, Crewe
17-18 July	EA Senior T&F Championships, Gateshead
31 July	Northern League Match 4
14-15 Aug	NW Combined Events Open, Sports City
21-22 Aug	EA U17&U15 Championships, Bedford
29 Aug	Northern Athletics Inter-Counties, Champs., Gateshead
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.

**Congratulations** to the following athletes who competed in the Northern Athletics Indoor Championships at Sheffield in January: U15 Girls' Shot – 1<sup>st</sup> Kelly Baker West Cheshire; U15 Girls' 60m Hurdles – 2<sup>nd</sup> Olivia Montez-Brown West Cheshire; U17 Ladies High Jump 1<sup>st</sup> Victoria Anderson, 2<sup>nd</sup> Alice Jennings (both West Cheshire); U17 Mens' 1500m – 2<sup>nd</sup> Chris Goodwin West Cheshire; U15 girls Long Jump 1<sup>st</sup> Amy Williamns (West Cheshire).

(Note: these were the only results notified to me. I have not received any results from Cross Country events either. If coaches/club officials are unable to send news of young athletes, parents can do so to the email address at the end of this newsletter).

Additional results from the **Northern Athletics Indoor championships** (John Driscoll) :

**Senior Men's** 200m Darren Scott (Trafford, but a Cheshire athlete) 2<sup>nd</sup> in a new British indoor best for the M40 age group (21.82s). Stephen Broadhurst (Warrington AC) 3<sup>rd</sup> in the Senior 1500

**Un20 Men** : Liam Clowes (Crewe & Nantwich) won the 200m and was 4<sup>th</sup> in the 60m; Matt Jackson (Warrington AC) won the 1500m and was second in the 3000m, which was won in a Championship best by Harry Ellis, also Warrington AC. James Gladman (also Warrington) 2<sup>nd</sup> in 60m hurdles.

**U17 Men** : S Dykes won the 1500m with J Gleave 3<sup>rd</sup> (both Warrington AC).

U15 Boys : Josh Platt (Crewe & Nantwich) was 3<sup>rd</sup> in both the 60m and 200m, while club mates Fraser Ashman and Niall Clowes were 2<sup>nd</sup> and 3<sup>rd</sup> respectively in the Shot. A Kirsopp (Warrington AC) was 2<sup>nd</sup> in the 60mH

**U20 Women** : A Fitzpatrick (Warrington AC) was 3<sup>rd</sup> in the 400m

Also

### **Northern Athletics Cross Country Championships, Blackburn, 23 January.**

Top 10 individual placings were achieved by Daniel Cliff (6<sup>th</sup>) and Matt Jackson (10<sup>th</sup>), both Warrington AC in the U20 Men's race.  
M Sheen (Vale Royal) 3<sup>rd</sup> and Liam Burthem 6<sup>th</sup> in Under 13 Boys race.  
Rebecca Craigie (Vale Royal) 3<sup>rd</sup> in U20 Womens race, with Amy Talbot (Warrington AC) 6<sup>th</sup> and N Meadows (Vale Royal) 7<sup>th</sup>.  
Rachel Jefferson (Warrington AC) 5<sup>th</sup> and Megan Huxley (6<sup>th</sup>) in Under 17s race.

Jess Parsons (Vale Royal) 3<sup>rd</sup> in U13 Girls race.

There were a number of team successes for Cheshire clubs in these championships :

U20 Men : 2<sup>nd</sup> Vale Royal.

U17 Men : 3<sup>rd</sup> Warrington AC

U13 Boys : 1<sup>st</sup> Warrington AC

U20 Women : 1<sup>st</sup> Vale Royal

U17 Women : 1<sup>st</sup> Vale Royal

U15 Girls : 2<sup>nd</sup> Vale Royal

U13 Girls : 1<sup>st</sup> Warrington AC

### **Representative Honours :**

#### **European Cross Country Championships in Dublin in December :**

Congratulations to Stevie Stockton (Vale Royal), fourth counter in the British U23 Women's team which won gold medals.

(Two years ago, team mate Charlotte Roach also picked up medals but in the U20 women's event in the same championships. Some will know that Charlotte was selected for sponsorship for the Triathlon squad looking ahead to 2012. In November she had a horrific crash while cycle training with the squad which are based at Loughborough. Rapid treatment by a passing motorist ensured she survived and amazingly in view of the multiple serious injuries she is back in training. We wish her well).

Congratulations also to Harry Ellis for gaining selection for the English U20 men's team for an international cross country match in Spain in January.

### **Road Ranking lists.**

Extracted from national road race ranking lists for 2009 for veterans (sorry, Masters!) published in Athletics Weekly recently, the following Cheshire club athletes were spotted :

Rob Downs (M45, Wilmslow RC) is ranked in the top 10 for his age group at the following distances : 5 km, 5 mile, 10 mile, half and full marathon). He was the fastest Cheshire male club runner in 2009 at the marathon.

Colin Rathbone (M65, Vale Royal) ranked 3<sup>rd</sup> at the Marathon.

Marian Martin F50, Spectrum Striders) ranked in the top 10 for 5 miles, 10 miles and half-marathon)

(back to Ellen's part) :

**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. If you wish your club to be involved please contact the Network Coordinator Andy Garnett by email on [andy.garnett@amec.com](mailto:andy.garnett@amec.com). Alternatively, for more information about Athletics Networks, contact Sarah Friday of England Athletics. Minutes of the 2.12.09 meeting have been distributed to all Cheshire Athletic Clubs.

Four areas identified in the letter from Alex Copeland, the National Club Development Officer, were reviewed with the work done by the group since our December Meeting:

Focus in more detail on what the plan is trying to achieve and the long term benefit to the clubs.

More justification for the role of a Network Coordinator – or whether a Lead coach and Mentor or Coaching Coordinator may be more suited to our plan

A greater focus on broader participation (such as Run in England).

A SWOT analysis to identify delivery priorities.

The issues were debated at length and the complete minutes can be viewed on the Cheshire website.

Next meeting to be 7.00pm Wednesday 24<sup>th</sup> February at the Lion Pub, Moulton, Northwich.

**All Clubmark accredited Clubs** now have the opportunity to take part in the Sainsburys Active Kids scheme. Register your Club by calling the Helpline on 0844 415 8440. The scheme begins on 17 February and vouchers are available on a one per every £10 spent. Get collecting!!

**REMINDER** - Grant application forms for the Athletics for the Young Charity are now available to download from the website. You must be U23 and in full time education. However, time is short as the closing date is **28 February**.

### **FIXTURES - SPORTSHALL ATHLETICS**

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

### **TRAINING**

#### **2010**

28 Feb NW Combined Events Development Day, Manchester  
13 Mar NW PV Coach Development Squad, Sportcity  
28 Mar NW Combined Events Development Day, Manchester  
17 April NW PV Coach Development Squad, Sportcity

**SAINSBURYS** Active Kids Scheme – all Clubmark accredited Clubs are eligible to take part and receive benefits under this scheme. See County website for further details.

**Information** regarding sprints and hurdles coach development sessions commencing on 23 January can be obtained by contacting C Buckle and S Friday via email as detailed below. Any coach wishing to get involved to further their development is invited to attend.

For sprints please contact Claire Buckle [cbuckle@englandathletics.org](mailto:cbuckle@englandathletics.org)

For hurdles please contact Sarah Friday [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org)

### **CHESHIRE & WARRINGTON SPORTS PARTNERSHIP COURSES**

#### **A Club for All**

##### **Basic First Aid**

##### **Equity in your Coaching**

25 Feb Northwich Cricket Club

24 March Council Offices, Sandbach

##### **Safeguarding and Protecting Children**

26 Feb Thomas Boteler HS

#### **A Club for All**

##### **Basic First Aid**

18 March Cheshire County Officers' Club

##### **Equity in your Coaching**

22 Feb Northwich Cricket Club (tbc)

##### **Safeguarding and Protecting Children**

8 March 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 –

note possible EDM measurement session – TBC confirmed.

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

## UK coaching courses (local to Cheshire)

### Children in Athletics

20 Feb NC0112 Robin Park, Wigan £60

### Level 1

28 Feb NC0113 Robin Park, Wigan £60

27 March NC0109 Sportcity, Manchester £60

### Run in England - Leadership in Running Fitness

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

### Level 2

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

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

### 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](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.

CRB application forms are available from Jane Fylan, UK Welfare Co-ordinator : Telephone 0161 223 4246 or email her at [jfylan@uk.org.uk](mailto: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](mailto:dberesford@englandathletics.org)**

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

## **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)