

# CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

## January 2010

**THE CHESHIRE COUNTY AA AGM is being held on WEDNESDAY, 17 February at Frodsham Community Centre, Fluin Lane at 7:30pm. Nominations for Officers and motions to be considered at the AGM are requested and should be received by the County Secretary, Brian Warren, not later than Wednesday 20<sup>th</sup> January 2010. All affiliated Cheshire Clubs are entitled to send a representative.**

*A plea from the Newsletter distributor (John Driscoll), PLEASE keep the Editor (Ellen Molloy) informed of ALL news. I do not now have the time to add to what Ellen produces – I suspect a number of outstanding performances by Cheshire athletes do not come to Ellen's notice. Please send ALL information direct to Ellen*

**It is with sadness we note the recent loss of two active Cheshire based athletes :**

**Ken Moss (Vale Royal AC and Northern Vets)** died aged 58 in December after a battle with cancer. He was an outstanding "vet for age" distance runner and Adrian Thiemicke has noted that he finished 5<sup>th</sup> in the senior men's Cheshire CC championships when they were last held at Reaseheath in January 1999.

**Sue Hool (Wilmslow RC)** died in hospital in Manchester in late December aged 35 a couple of weeks after becoming ill at the second Manchester area CC League event. Sue came to the Cheshire area a couple of years ago from her native Cumbria to teach, joined Wilmslow RC and immediately made a mark, being the fastest female Cheshire club runner at the marathon distance in 2008.

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

**2010**

7 Feb	Alsager 5 mile
7 Mar	Farndon 10K
21 Mar	Northern 12 and 6 stage relays – Wythenshawe Park, Manchester
28 Mar	Wilmslow Half Marathon (FULL)
4 Apr	Halton Run-the-Bridge 5 mile
7 Apr	<b>Chester Spring 5 mile GP1</b>
18 Apr	<b>Whitley 10K- GP2</b>
(25 Apr	LONDON MARATHON)
7 May	Christelton 5K
16 May	<b>Chester Half Marathon – GP3</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
12 Sep	Gawsworth 10K MT
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.

### **FIXTURES - Cross Country**

**2010**

23 Jan Northern Championships, Witton Park, Blackburn  
download forms from [www.northernathletics.com](http://www.northernathletics.com)

30 Jan	Manchester Area League Rd 5, Wythenshaw Park
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**

6-7 March	England/Northern Combined Events, U17 and U15, Sheffield
8-9 May	County T&F Championships, Macclesfield
29-30 May	Northern U17/U15 Indoor Championships, Leigh
19-20 June	Northern Senior/U20 Championships, Sport City, Manchester
3 July	County Track Relay Championships, Crewe
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.

**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. The minutes of the first meeting can be found on the Cheshire AA webste.

### **FIXTURES - SPORTSHALL ATHLETICS**

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

### **TRAINING**

**2010**

30 Jan	NW Combined Events Development Day, Manchester
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

#### Safeguarding and Protecting Children

2010

### A Club for All

#### Basic First Aid

19 Jan Northwich Cricket Club

18 Mar CheshireCounty Officers' Club

#### Equity in your Coaching

22 Feb Northwich Cricket Club (tbc)

#### Safeguarding and Protecting Children

1 Feb Safeguarding and Protecting Children

8 Mar 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

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

22 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).**

### New Club secretaries :

**Chester Tri Club** : Nania Mason : [naniam@chestertri.org.uk](mailto:naniam@chestertri.org.uk)

**Spectrum Striders** : Stephen Pickford, 3 Serin Close, Newton le Willows, Merseyside WA12 9XL [Steve.Pickford@uuplc.co.uk](mailto:Steve.Pickford@uuplc.co.uk)

The next County committee Meeting, will take place at Fluin Lane, Frodsham on Wednesday 27 January commencing at 7.30pm. Nominations for Officers and motions to be considered at the AGM are requested and should be received by me not later than Wednesday 20<sup>th</sup> January 2010. 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)