

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

July 2010

FIXTURES - Road and MT

2010

7 July Forest Park 5K, Birchwood (Ladies only)
11 July Oulton Park Ladies Half Marathon
17 July Burtonwood 5 mile
4 Aug Pie & Peas 5 mile MT, Moulton, nr Winsford
15 Aug **Great Warford 10 mile – GP6 + County Champs**
22 Aug Birchwood 10K
25 Aug Capenhurst 5K
12 Sep Gawsorth 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 and 4 stage road relay, Wythenshawe Pk, M/c
Northern Young Athletes' Road Relays, Wythenshawe Pk
(Note : on the same day at the same venue).
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
6 Nov Langley 7
28 Nov (Northern 10 mile Champs, Thirsk
10 Dec Tatton Yule Yomp, & 3K Fun Run (Hash House Harriers)
26 Dec Chester Round the Walls

2011

20 Mar Northern Athletics 12 and 6 stage Road Relays, venue to
be confirmed.
27 Mar England Half Marathon Championships, Wilmslow
9 April National 12 and 6 stage Road Relays, Birmingham

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

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

19 Aug Dennis Stitt Memorial Fell Race, Holmfirth

Cheshire athlete **Olivia Walwyn** (Altrincham) finished second in the
UKA trial race in Keswick on 6 June. She has been selected to
represent GB at the European Mountain Running Championships
which will take place in Bulgaria on 4 July. This is her first
representation at this level, having previously competed for England.

CROSS COUNTRY

9 Oct Northern Cross Country Relay Championships, Sheffield
6 Nov ECCA Relays, Mansfield
27 Nov UKA Cross Country Trials, Sefton Park, Liverpool

2011

29 Jan Northern Cross Country Championships, Sunderland
19 Feb ECCA Cross Country Championships, Alton Towers

FIXTURES – Track and Field

2010

4 July Northern League Match 3
3 July County Track Relay Championships, Crewe
9-10 July English Schools' Championships, Birmingham
11 July Cheshire T&F Meeting Round 2
13 July Trafford Grand Prix 6
17-18 July EA Senior T&F Championships, Gateshead
18 July YAL Round 4
27 July Trafford Grand Prix 7
31 July Northern League Match 4
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.**
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 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

Liam Clowes (Crewe and Nantwich) has been selected for the GB &
NI- Junior 4x100m relay team and will compete at the Mannheim
International 3 – 4 July.

In the **Northern Senior and Under 20** championships, a number of
Cheshire qualified athletes performed well :

Senior Men : Darren Scott (Trafford) 4th 100m; Dan Cliffe (Warrington
AC) 3rd 5000m; Dominic Bradley (Trafford) 4th 110mH; Will Lowndes
(Liverpool H) 3rd SP; Roger Bate (Trafford) 6th HT; Dave Mackay (West
Cheshire) 4th Javelin.

U20 Men : Liam Clowes (Crewe & Nantwich) 4th 100m and 1st 200m;
Matt Jackson (Warrington AC) 4th 5000m; James Gladman (Warrington
AC) 1st 110mH; Tom Booth (West Cheshire) 3rd 400mH; Tom Jervis
(Warrington AC) 4th 2000mS/c

U20 Women : Rebecca Craigie (Vale Royal) 1st 1500m; Amy Talbot
(Warrington AC) 4th 1500m; Danielle Bentley (Sale H) 1st JT

In the **England Athletics U23 and U20** championships, there were
again successes for Cheshire qualified athletes :

Steven Mitchell (Bristol & West) 3rd U23 1500m
Liam Clowes (Crewe & Nantwich) 4th U20 200m
Harry Ellis (Warrington AC) 4th U20 1500m
James Gladman (Warrington AC) 3rd U20 110mH
Rebecca Craigie (Vale Royal) 3rd U20 1500m

Entry forms for the **Combined Events Championships** can be
downloaded from the County website.

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 meets on a regular basis, at the Lion Pub, Moulton. The next meeting is on Wednesday 28 July. 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.

Issues (in brief) from the last meeting are as follows. The minutes can be viewed on the Cheshire web site.

- there were some concerns from host clubs reference funding resources and organisation for the multi-event coaching days. It was agreed that this should be a task taken up by the Action Co-ordinator. Bob Lynch has volunteered to organise the first event, probably scheduled for October. Each host club is to confirm commitment, and identify potential dates and identify shortfalls in skills or officials'
- paarlauf running event – discussions have taken place, and it is possible that an event may take place on Wednesday 15 or 22 September, probably at Knights Grange.

Cheshire and Merseyside Athletics Networks are seeking a co-ordinator who will be responsible for providing a range of support services to the clubs and representatives in the Cheshire and Merseyside McCain Athletics Networks and to support the development of athletics in the network region. Please note the closing date is 1 July with interviews on 16 July. The job advert and the job description can be viewed on the Cheshire website.

Nordic Walking Courses are being held at various locations throughout Cheshire. For dates, times and venues please contact **Allen Ward** on 07779217142.

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

13 July	SPC1	Haliwell Jones Stadium, Warrington
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 above 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/

LEADER AWARD				
17.7.10	Kirkby Sport College	NW	NW0149	£95
COACHING ASSISTANT				
10-11.7.10	Robin Park, Wigan	NW	Nw0155	£130
RUN IN ENGLAND – Leadership in Running Fitness				
10.7.10	Litherland	NW	NC0163	£90
24.7.10	Sportcity, Manchester	NW	NC0153	£90
29.8.10	Sportcity, Manchester	NW	NC0160	£90
3.10.10	Sportcity, Manchester	NW	NC0161	£90
27.2.11	Sportcity, Manchester	NW	NC0162	£90

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

Further information can be obtained from Tina Beresford (email address below or Alan Morris – joseph.shellhorn@tesco.net, or on Cheshire website.

Details of forthcoming **courses for officials** are now available on the England AA web site.

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 14 July 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