

# CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

## March 2010

### Cheshire County AA

At the AGM on 17<sup>th</sup> February the following changes to Officers took place :

**President** : Joe Shellhorn

**Chairman** : Mike Cutler (South Cheshire H)

**Vice Chairman** : vacant

**County Officials Secretary** : Alan Morris (West Cheshire AC)

Peter Allan was thanked for his stewardship of the County as Vice-Chairman for the past 4 years, in the absence of a Chairman.

Joe Shellhorn was thanked for his long contribution to Technical Officials in the County from at least 1992 when the present Association was formed.

Brian Warren (Secretary) announced that he would be stepping down from his post at the 2011 AGM – anyone interested in taking over from him next year is asked to contact Brian.

### FIXTURES - Road and MT

**2010**

- |           |   |
|-----------|---|
| 7 Mar     | Farndon 10K   |
| 21 Mar    | Northern Senior 12 and 6 stage relays – Wythenshawe Park, Manchester                        |
| 28 Mar    | Wilmslow Half Marathon ( <b>FULL</b> )  |
| 4 April   | Halton Run-the-Bridge 5 mile  |
| 4 April   | Air Products 10K, Crewe   |
| 7 April   | <b>Chester Spring 5 mile GP1</b>  |
| 10 April  | High Legh 10K (rescheduled from 21 February) RACE FULL                                      |
| 17 April  | ERRA National Mens' 12 stage and Womens' 6-stage road relays, Sutton Park, Birmingham       |
| 18 April  | <b>Whitley 10K- GP2</b>   |
| (25 April | LONDON MARATHON)  |
| 25 April  | South Cheshire Harriers, 20 mile  |
| 7 May     | Christelton 5K  |
| 16 May    | <b>Chester Half Marathon – GP3 (Entry limit 2800; 2200 entries by 1<sup>st</sup> March)</b> |
| 20 May    | Mobberley 5   |
| 31 May    | Chester Marathon, from Chester Rugby Club   |
| 5 June    | <b>Hollins Green 5K – GP4</b>   |
| 24 June   | <b>Warrington RR 10K – GP5</b>  |
| 26 June   | Lymm 5K   |
| 7 July    | Forest Park 5K, Birchwood (Ladies only)   |
| 11 July   | Oulton Park Ladies Half Marathon  |
| 17 July   | Burtonwood 5 mile   |
| 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>   |
| 3 Oct     | English Half Marathon Warrington  |
| 10 Oct    | Cabbage Canter 10K, Antrobus  |
| 10 Oct    | Congleton half-marathon   |
| 6 Nov     | Langley 7   |

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 Mar | Inter-counties CC Champs (+World CAU Trials) – Cofton Park, SW Birmingham |
| 20 Mar | English Schools championships, Heaton Park, Manchester.                   |

**Results** from the Cheshire County Cross Country Championships are as follows:

- U11 Boys – 1<sup>st</sup> W Parsons – Vale Royal / 2<sup>nd</sup> J Evans - Warrington/ 3<sup>rd</sup> K Smithman-Harding – Warrington / 1<sup>st</sup> team Vale Royal  
U11 Girls - 1<sup>st</sup> G Aston-Massey Halton & Frodsham / 2<sup>nd</sup> E Twite – Sale / 3<sup>rd</sup> A Carter – Macclesfield / 1<sup>st</sup> team Halton & Frodsham  
U13 Boys - 1<sup>st</sup> M Sheen – Vale Royal / 2<sup>nd</sup> E Bowker – Vale Royal / 3<sup>rd</sup> S Whitehead – Boalloy / 1<sup>st</sup> team Vale Royal  
U13 Girls – 1<sup>st</sup> J Parsons – Vale Royal / 2<sup>nd</sup> E Smith – Warrington / 3<sup>rd</sup> H Knowles-Jones – Warrington / 1<sup>st</sup> team Warrington  
U15 Boys - 1<sup>st</sup> Z Bamber – Vale Royal / 2<sup>nd</sup> R Owen – CNAC / 3<sup>rd</sup> M Hulse – Warrington / 1<sup>st</sup> team Vale Royal  
U15 Girls - 1<sup>st</sup> S Johnson – Leigh H & AC / 2<sup>nd</sup> T McCormick – Vale Royal / 3<sup>rd</sup> D Wallis – Macclesfield / 1<sup>st</sup> team Vale Royal  
U17 Men - 1<sup>st</sup> L Johnstone - Warrington / 2<sup>nd</sup> T Jervis - Warrington / 3<sup>rd</sup> L Hilton - Macclesfield / 1<sup>st</sup> team Warrington  
U17 Ladies - 1<sup>st</sup> M Huxley – Vale Royal / 2<sup>nd</sup> H Paver – Vale Royal / 3<sup>rd</sup> L Bunce - Macclesfield / 1<sup>st</sup> team Vale Royal  
Junior Men - 1<sup>st</sup> H Ellis - Warrington / 2<sup>nd</sup> S Broadhurst - Warrington / 3<sup>rd</sup> A Clewes – Vale Royal / 1<sup>st</sup> team Vale Royal  
Junior Women - 1<sup>st</sup> R Craigie – Vale Royal / 2<sup>nd</sup> N Meadows - Vale Royal / 3<sup>rd</sup> S Griffiths – Warrington  
Senior Men - 1<sup>st</sup> M Barnes - Altrincham / 2<sup>nd</sup> D Cliffe - Warrington / 3<sup>rd</sup> C Perry – Vale Royal / 1<sup>st</sup> team Vale Royal  
Senior Women = 1<sup>st</sup> K Hawitt - Warrington / 2<sup>nd</sup> L Wood – Warrington / 3<sup>rd</sup> E Brown – Cardiff / 1<sup>st</sup> team Warrington  
Vet Men - 1<sup>st</sup> M Fowler - Wilmslow / 2<sup>nd</sup> D Alexander – West Cheshire / 3<sup>rd</sup> D Harris – City of Chester Triathlon / 1<sup>st</sup> team Wilmslow RC  
Vet Women - 1<sup>st</sup> N Love - South Cheshire / 2<sup>nd</sup> M Martin – Spectrum Striders / 3<sup>rd</sup> R Price – South Cheshire/ 1<sup>st</sup> team South Cheshire  
A full set of results can be found on the County website.

Many thanks to South Cheshire Harriers and in particular to Stephen Whincup – Championship secretary and Clerk of the Course) and Crewe & Nantwich AC for organising the championships, in addition to dealing with the postponement due to bad weather. In the end we had a good day in between other bad days.

Adrian Thiemicke brought along on the day the results of the championships when they were last held at Reaseheath College in 1999. they made for interesting reading. For example, the senior ladies winner this year (Karri Hawitt of Warrington) won the Under 13 race in 1999!

### **English National Cross Country Championships, Roundhay Park, Leeds on 27 February.**

Some **medal successes** for a Cheshire individual and a Cheshire team at this annual event, returning to one of its former venues of Roundhay Park in Leeds.

Stevie Stockton of Vale Royal AC had a marvellous run to finish second to Steph Twell in the Senior Women's race, beating the northern champion Hatti Dean.

The Junior Men's team from Warrington AC picked up the gold medals. Matt Jackson was 6<sup>th</sup> and Harry Ellis 10<sup>th</sup> backed up by Daniel Cliffe

and Stephen Broadhurst. Six years earlier Matt Jackson and Danny Cliffe had finished one, two in the Under 13 boys event when the National was last held in the Leeds area, that time at Temple Newsam, about 4 miles east of Roundhay Park.

Additional top 10 placings by Cheshire club individuals and teams :

**U13 Girls** : Warrington 6<sup>th</sup> team

**U13 Boys** : Elliott Bowker (Vale Royal) 6<sup>th</sup>; Vale Royal 8<sup>th</sup> and Warrington 9<sup>th</sup> placed teams.

**U15 Girls** : Vale Royal 8<sup>th</sup> team.

**U17 Women** : Vale Royal 7<sup>th</sup> team

**U17 Men** : Warrington 9<sup>th</sup> team

It was also pleasing to see 3 mens teams from Cheshire close in their 6 scoring runners : Wilmslow, Spectrum Striders and Macclesfield.

Macclesfield ladies also finished a scoring team of 4.

### 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
7 April	Liverpool Throws Competition, Wavertree
11 April	E Galloagher Meeting – am – up to U15's T J O'Mahoney Meeting – pm – U17s to Senior
17 April	Jumps and Throws Meeting, Wavertree
11 April	Cheshire T&F Meeting Round 1
28 April	Macclesfield Open 6-8.30pm
1 May	Northern League Match 1
2 May	YAL Round 1
5 May	Macclesfield Open 6-8.30pm
8-9 May	County T&F Championships, Macclesfield
18 May	YAL Round 2
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
20 June	YAL Round 3
4 July	Northern League Match 3
3 July	County Track Relay Championships, Crewe
11 July	Cheshire T&F Meeting Round 2
17-18 July	EA Senior T&F Championships, Gateshead
18 July	YAL Round 4
31 July	Northern League Match 4
8 Aug	Cheshire T&F Meeting Round 3
21-22 Aug	EA U17&U15 Championships, Bedford
29 Aug	Northern Athletics Inter-Counties, Champs., Gateshead
5 Sep	Cheshire T&F Meeting Round 4
12 Sep	County Combined Events Championships plus U11 Triathlon, Macclesfield

**Following his success** at Sheffield in January, Liam Clowes of Crewe and Nantwich AC qualified and finished fifth in the 200m event at the AVIVA World Indoor Trials and Indoor Championships. Other Sheffield successes for CNAC came from Josh Platt who was a double medallist in the 60m and 200m, with throwers Niall Clowes and Fraser Ashman also returning with medals.

**Results from the AVIVA** U20-U15 Indoor Championships: Ashley Kirsopp Warrington – U15B Long Jump 3<sup>rd</sup>; Victoria Anderson West Cheshire - U17 Ladies High Jump 3<sup>rd</sup>; Josh Platt Crewe & Nantwich – U15B 60m 3<sup>rd</sup>; Liam Clowes Crewe & Nantwich – U20 Men 200m 1<sup>st</sup>.

### FIXTURES - SPORTSHALL ATHLETICS

18 April UK Final – LG Arena, NEC Birmingham

**Results from Robin Park on 28 February** meant that three out of four of the Cheshire squads now go through to Birmingham for the UK finals. The U13 and U15 girls were outright winners and the U15 boys were joint first with the Lancashire squad. Unfortunately the U13 boys team failed by a narrow margin to join them. Congratulations also to Adam Howell and Aimee Addis of Crewe who were the all-round winners in their U15 competitions.

**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.

UKA and new sponsor Mitchum are offering 20 lucky winners the chance to train with some of the Aviva GN and NI team's freshest talent. CLOSING DATE TO ENTER is 5 March – for more information and to enter go to [www.uka.org.uk/sponsors/mitchum](http://www.uka.org.uk/sponsors/mitchum)

### TRAINING

#### 2010

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

### CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

#### A Club for All

##### Basic First Aid

18 March Cheshire County Officers' Club

##### Safeguarding and Protecting Children

8 March Northwich Cricket Club

##### Equity in your Coaching

24 March Council Offices, Sandbach

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  
27 March 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

##### Level 1

6 March	NC0118	Cumberland Athletics Track, Crewe	£60
27 March	NC0109	Sportcity, Manchester	£60

#### Run in England - Leadership in Running Fitness

27 March	NC0115	Cumberland Athletic Track, Crewe (TBC)	£90
9 May	NC0135	Sportcity	£90

#### Strength and Conditioning

27-28 Mar	NC0132	Sportcity, Manchester	£100
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##### Level 2

<b>Express course</b> – must attend on all dates – Sportcity			
20 March	NC0086S	Event Day & Ass't – Speed	£140
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).**

The next County Committee Meeting will be held on Wednesday 10 March 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](mailto:jamesandellenmolloy@btopenworld.com)