

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

May 2010

FIXTURES - Road and MT

2010

16 May **Chester Half Marathon – GP3 (FULL)**
20 May Mobberley 5
31 May Chester Marathon, from Chester Rugby Club (FULL)
5 June **Hollins Green 5K – GP4**
24 June **Warrington RR 10K – GP5**
26 June Lymm 5K
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**
22 Aug Birchwood 10K
25 Aug Capenhurst 5K
12 Sep Gawsworth 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**
3 Oct English Half Marathon Warrington
10 Oct Cabbage Canter 10K, Antrobus
10 Oct Congleton half-marathon
17 Oct Sandbach 10K
6 Nov Langley 7
(28 Nov Thirsk 10 mile (incorporating Northern 10 mile Champs.)

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

After Race 2 in the Grand Prix series, results for individual standings are as follows (note that a complete set of results for both rounds are to be found via the Cheshire AA website). Men: 1st Damian Nicholls, Wilmslow; Women: 1st Liz Whitfield, Spectrum Striders. Handicap winners at 2nd race) : Men – 1st Peter Mallison, South Cheshire Harriers; Women – Nina Birch, Wilmslow Running Club.

Cross Country – Inter-counties championships up-date.

At the recent T&F championships, the Cheshire senior team manager (Adrian Thiemicke) was handed a trophy and medals for the Cheshire senior men's cross country team who were the most improved county team in the 2010 inter-counties championships held at Cofton Park in March. Looking at past winners, Cheshire last won this trophy 20 years ago. Congratulations to the team.

County CC championships 2011.

Would any club who is interested in hosting the 2011 County cross country championships or beyond please contact the County Secretary, Brian Warren

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

15 May NW U20 & Senior Regional Championships, Trafford
18 May YAL Round 2
29-30 May Northern U17/U15 Championships, Leigh
30-31 May CAU Inter-Counties, Bedford
1 June Trafford Grand Prix 3
5 June Northern League Match 2

5-6 June Northern Athletics Sen/U20 Combined Events, Stoke
12 June Cheshire Schools' Championships, Macclesfield
12-13 June Northern Senior/U20 Championships, Sport City, Manchester
15 June Trafford Grand Prix 4
19-20 June England Athletics Senior/U20 Championships, Bedford
20 June YAL Round 3
26-27 June nw Schools' Combined Events Championships
29 June Trafford Grand Prix 5
30 June Cheshire Schools' Minors' Championships, Warrington
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**)
21-22 Aug EA U17&U15 Championships, Bedford
24 Aug Trafford Grand Prix 9
24 Aug NA U20 3K S'chase Championships
29 Aug Northern Athletics Inter-Counties, Champs., Gateshead
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

Entry forms for the **County Relay Championships** can be downloaded from the County website. Entry forms are also available for the multi events competition in August.

The **County Track & Field Championships** took place this year at Macclesfield. Entry numbers were slightly up on last year, and the weather was reasonably kind to us. For the most part, the rain held off but it was very cold on Saturday. However, the sun came out on Sunday and the conditions were ideal.

New Championship Best Performances were set by the following athletes. K Baker W Cheshire U15G Hammer and U15G Shot Putt, A Barton Sale H.J.L Hammer, A Williams W Cheshire U13G Long Jump; G Valentine CNAC U15G P Vault, R Tranter V Royal JM T Jump, O Montez-Brown W Cheshire U15G T Jump, J McMahon W Cheshire U13B Javelin, A Mackenzie Liverpool H U15G HJ., J Wright H&F Harriers U13G 800m, 1500m and Shot, D Bentley Sale JL Javelin, M Robbins CNAC JL T Jump, E Brown Cardiff SL 2000m S/c.

Field athletes of the championships were Will Lowndes, Liverpool Harriers and Amy Williams, West Cheshire. Track athletes were Josh Platt, CNAC and Amy Williams, West Cheshire.

Thanks to Macclesfield for their hospitality and also to all the officials and other helpers who worked so hard to ensure that the championships were, yet again, a success.

The full results can be viewed on the County website..

The AAA are concerned to stimulate interest in throws and jumps, and also to improve future national standards. They are to sponsor a standards initiative in co-operation with the Territorial Associations and EA. Following on from the successful Tom Pink Relays, the AAA will present a salver to U15 and U17 athletes who achieve a grade 1 standard in a field event in a Territorial or National Championships (see Northern Athletics website for further information).

By now all Clubs and Starters should have been made aware that the Olympic .380 BBM imitation handgun has been reclassified. On 16 April ACPO announced that it was a prohibited weapon and therefore illegal to possess. More details on the return and subsequent destruction of the guns, plus information on their replacement by UK Athletics can be found in a more detailed document on the Cheshire website.

FIXTURES - SPORTSHALL ATHLETICS

Congratulations to the U13 girls' squad who emerged triumphant at the UK Finals in Birmingham. The girls put together a stunning sequence of results to win by over 150 points. The U15 girls' team were third with two of the team appearing in the top ten individuals list – Aimee Addis of Crewe was fourth and Olivia Montez-Brown of West Cheshire was ninth. The U15 boys' team were in eighth place with Adam Howell finishing in ninth.

The Cheshire Network Action Group

The Cheshire Network Action Group has won significant funding from England Athletics. Look on the Cheshire County website to see the Network submission and meeting notes or come to the next meeting and see what it could mean for your club. Seven Clubs are now actively involved - we would like all 31 Cheshire Clubs to participate and benefit. Several proposed events to suit all branches of athletics, and all ages of participants are currently being reviewed. Plans are well under way for the recruitment of a Network Co-ordinator,

The next informal meeting will be held on Wednesday 2nd June 2010 at the Lion Pub in Moulton, Northwich. 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.

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

Sarah Friday writes: Please be aware of a grant scheme that has opened in the last week - the **Mars Refuel grant**. This an easy to apply for funding stream for up to £500 for any projects that will help an individual or club play longer. Every month until May the fund will be giving away £10,000, up to £500 to 20 clubs or individuals. Please follow the link to visit the online application form: <http://www.marsrefuel.com/refuel-fund/>

If you are currently looking into other sources of funding for projects within your club please let me know as I can produce a bespoke funding report with local, regional and national pots of money that you may be able to access, and then support you in any applications should you require assistance.

TRAINING 2010

CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

Safeguarding and Protecting Children

4 May	SPC1	Chester County Sports Club
18nMay	SPC1	Wilmslow High School
25 May	SPC1	University of Chester, Padgate Campus
7 June	SPC1	Winsford Lifestyle Centre

30 June	SPC1	Nantwich Cricket Club
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				
8.5.10	Sportcity, Manchester	NW	NW0139	£95
12.6.10	Robin Park, Wigan	NW	NW0158	£95
17.7.10	Kirby Sport College	NW	NW0149	£95
COACHING ASSISTANT				
19-20.6.10	Sportcity, Manchester	NW	NW0140	£130
10-11.7.10	Robin Park, Wigan	NW	Nw0155	£130
RUN IN ENGLAND – Leadership in Running Fitness				
12.6.10	Cumberland Track, Crewe	NW	NC0115	£60
24.7.10	Sportcity, Manchester	NW	NC0153	£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 Joe Shellhorn – 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@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 2 June 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