

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

November 2010

FIXTURES - Road and MT

2010

28 Nov (Northern 10 mile Champs, Thirsk)
12 Dec Tatton Park Yule Yomp, & 3K Fun Run (Cheshire Hash House Harriers)
19 Dec Cheshire Santa Dash
26 Dec Chester Round the Walls
27 Dec (Northern 10K Champs, Ribble Valley, Clitheroe)

2011

23 Jan 4 Villages half-marathon, Helsby (GP1)
27 Feb High Legh 10K
20 Mar Northern Athletics 12 and 6 stage Road Relays, Venue TBC
27 Mar Wilmslow Half Marathon (+ England Champs) (GP2)
6 April Chester Spring 5 mile
9 April National 12 and 6 stage Road Relays, Birmingham
10 April Air Products 10K, Crewe (GP3)
24 April Runcorn Bridge 5 mile (GP4)
1 May South Cheshire Harriers 20 mile, Crewe
15 May Shell Chester half-marathon
?? Jun Lymm 5K (GP5 – men only)
?? Jul Forest Park Ladies 5K (GP5 – women only)
?? Aug Pie & Peas 5 mile MT, nr Winsford (GP6)
18?Sep English half-marathon, Warrington
18?Sep Sutton 6 10K, nr Chester (GP7)
25 Sep Northern Athletics Road Sen/YA Relays, Birchwood
9 Oct MBNA Chester Marathon

NOTE : The GP races for 2011 are subject to organisers' agreement.

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

FELL RUNNING

The 2011 Cheshire Fell running championships will be held in the "Cloud" 9 mile Fell race, Congleton, organised by Congleton Harriers, on March 6th. It has not been possible to organise a 2010 championship.

CROSS COUNTRY

13 Nov N Staffs League, Stafford Common
21 Nov Manchester X-C League, Sherdley Park
27 Nov UKA Cross Country Trials, Sefton Park, Liverpool
4 Dec Manchester X-C League, Boggart Hole Clough
13 Dec North Staffs League, Westwood HS, Leek
2011
2 Jan Manchester X-C League, Woodbank Park, Stockport
8 Jan Cheshire Cross Country, Birchwood (form on website)
29 Jan Northern Cross Country Championships, Sunderland
12 Feb Manchester X-C League, Clayton Vale (nr Velodrome)
19 Feb ECCA Cross Country Championships, Alton Towers
5 March CAU Cross Country Championships, Birmingham

NOTE : We will need team managers for at least the U13/U15/U17/Jun female age groups for the Inter-county cross country championships at Cofton Park, Birmingham on 5 March 2011. Offers, in the first place to John Driscoll, jld@sunnyfield.co.uk

FIXTURES – Track and Field 2010

20 Nov NA Indoor Open, Sheffield
5 Dec Manchester Indoor Open, Sportcity
11 Dec NA Indoor Open, Sheffield
2 January Manchester Indoor Open, Sportcity
8-9 Jan EA inc. NA Sen & U20 E Events Champis., Sheffield
15 Jan NA Indoor Championships, Sheffield
5 Feb Indoor Vets Open
12-13 Feb Aviva Trials & UK Indoor Champs., Sheffield
19 Feb Manchester Indoor Open, Sportcity
5-6 March EA inc. NA U17 & 15 C Events Champs., Sheffield
5 March Manchester Indoor Open, Sportcity

SPORTSHALL ATHLETICS

Dates and venues for the North West League are listed below. As last year, Clubs will compete in four of the five fixtures.

28 Nov	12.30pm at Wigan
5 Dec	12.30pm at Deeside
16 Jan	12.30pm at Crewe
23 Jan	U11s FIA Sportcity (by selection)
27 Feb	Regional Finals, Wigan (by selection)
6 March	League final at Widnes

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

Cheshire Athletics Network hosted their first event of many on Wednesday 22 September 2010. The Paarlaf event was hosted by Vale Royal AC at the Knight Grange Sports Complex in Winsford and involved 40 members of various network clubs. The aim of the event was not only to officially launch the network but also to have fun and make members of the clubs involved aware of how they could benefit from the partnership work of the network. The handicap event involved those taking part being paired up with another person dependant upon their individual one mile time. Each team had to complete as many laps as they could as a pair in 20 minutes with one athlete running and runners being able to change at the start of every lap.

The Network hosted their second successful event on 9 October at Macclesfield. The Coach and Athlete Development Day was devised by Bob Lynch of Macclesfield Harriers. The first part of the day involved coaches and athletes splitting off into their event groups which were Hammer, Discus, Endurance and Polevault. As an example, endurance athletes were encouraged to sample a series of training sessions, designed to take them out of their comfort zone. "

The second part of the day then saw coaches and athletes taking part in Aqua Jogging, Gymnastics and Pilates. These activities, led by instructors from Macclesfield Leisure Centre, gave all involved different ideas of training for strength and conditioning and injury rehabilitation. This was the second event held by the Cheshire Athletics Network with 43 coaches and athletes attending'

Snippets from the meeting in late September are as follows (minutes in full are on the Cheshire web site). Vicki Huyton may be able to organise cost-effective CRB or first aid courses – possibly incorporating such courses into a future Development day.

Network Structure: It was agreed that we need to move to more formal roles, but treasurer and secretary roles are not necessary yet. The Volunteer Network Coordinator role (Andy Garnett) is to be re-titled Chairperson. It was felt that a more professional approach may lead to involvement from other Clubs with meetings taking place elsewhere in the County. Moss Farm at Northwich will be the venue for the next meeting. It was agreed that each meeting should major on a 'theme' from the submission' More publicity may attract more members and also we could share events and ideas with Merseyside. Vicki is to contact Mike Lamb, responsible for updating the Cheshire handbook, to establish if this could be developed for printing or downloading. Club information has been collated by Mike Lamb for the County which could be the basis of an updated handbook.

Budget and Work Plan: our commitments have been reconciled against the budget plan in the network plan. Future activities have been identified with funds available to spend. However, unspent monies must be returned to EA. Vicky will produce a draft network expenses form compatible with CWSP procedures. It was agreed that a camera should be purchased for the network for events and technical support.

Club and Network Conference to be held on 13 November – venue to be confirmed. Next meeting to be 7.00pm Wednesday 10th November 2010 at Moss Farm, Moss Lane Northwich, CW8 4BG. If you wish your club to be involved please contact the Network Chairperson 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.

TRAINING

2010

CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

Note that the courses organised by the Partnership are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation/ 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). CWSP need you to tell them what courses you need. 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/

PLEASE NOTE that you should book early for courses as there are only a limited number being held in the northwest. Some courses require participants to do some reading in advance.

RUN IN ENGLAND – Leadership in Running Fitness				
27.2.11	Sportcity, Manchester	NW	NC0162	£90
LEADER AWARD				
26.2.11	Sportcity, Manchester	NW	NC0171	£95
COACHING ASSISTANT				
13-14.11.10	Sportcity, Manchester	NW	NC0175	£130
26-27.2.11	Sportcity, Manchester	NW	NC0172	£130
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. <u>Cost includes all modules and assessment.</u> See notes below.				
2-3.10.10	Days 1 and 2 Sportcity, Manchester	NW	NC0142	£325**
4.12.10	Day 3			
30.1.11	Assessment day – time tbc			
COACH IN RUNNING FITNESS (contact D Beresford for details) Pilot course for the North				
13-14.11.10	Days 1 and 2, Robin Park, Wigan			£200
8.1.11	Day 3, Robin Park, Wigan			
9.4.11	Assessment Day			

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 - 2011

Level 2 Course	10.00-noon Generic/1.00-3.00pm Discipline / £15 pp
20.02.11 tbc	Wavertree NO 075/TJ
20.02.11 tbc	Wavertree NO 075/FD
20.02.11 tbc	Wavertree BO 075/TK
H&S March/April 2001 Wavertree - TBC	

Also check out the England AA website. Contact **Tina Beresford** for information concerning Officials' Courses for the North of England. She is based at Sports City tinaberesford@englandathletics.org. Telephone 079684 98704

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 15 December 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