

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER December 2011

FIXTURES - Road and MT

2011

- 11 December Tatton Yule Yomp 10K
26 December Chester "Round the Walls"
27 December Northern 10K R R Championships, Ribble Valley, Clitheroe

2012

- 22 January Essar 4-Villages half marathon, Helsby
26 February High Legh 10K
25 March Wilmslow half marathon
31 March Northern 12 and 6 stage road relay championships, Sefton Park, Liverpool
4 April Chester Spring 5 mile
14 April ERRA National Mens' 12 stage and Womens' 6 stage road relays, Sutton Park, Birmingham
15 April Lymm.com 10K, Lymm High School
13 May Chester half-marathon
2 June Hollins Green 5K
23 June Lymm 5K
4 July Forest Park 5K
21 July Burtonwood 5 mile
19 August Birchwood 10K
22 Sept? Northern Athletics senior 6 and 4 stage and YA road relays
30 Sept Macclesfield half marathon
7 October MBNA Chester Marathon
3 November Langley 7 (2.00pm)
We would appreciate dates for other events proposed to be held in Cheshire.

FELL RUNNING

CROSS COUNTRY

2011

- 3 December Manchester X-C League, Wythenshawe Park

2012

- 7 January Cheshire cross country championships, Knight's Grange, Winsford
Note: entry forms are available on Cheshire web-site
14 January Cheshire Schools' X-C championships, Whitby HS, E Port
15 January Manchester X-C League, Woodbank Park
28 January Northern X-C championships, Pontefract
11 February Manchester X-C League,
25 February ECCA championships, Parliament Hill, London
10 March CAU cross country championships, Cofton Park
17 March ESAA cross country championships, Taunton

CONGRATULATIONS to Stuart Doyle of Vale Royal AC, Tom McGaff of Wilmslow RC and Rob Tudor of West Cheshire AC who gained national vests representing England at the British and Irish Masters International X-C Championships, held at Glasgow on 26 November. Stuart was first English finisher in the Over 40 age group leading England to a team victory; Tom was third English counter for the Over 55 team who also won, while Rob was 7th English finisher in the Over 45 age group who also won the team race.

The final endurance relays of the Autumn were the **English National Cross Country** event at Mansfield. There was success again for teams from Cheshire clubs :

Vale Royal U15 Girls team picked up silver medals only 5 seconds behind the winners with K Gerrard running the 7th fastest leg. Vale Royal also finished 5th team in both the U15 Boys and U17 Womens events, while in the U13 Boys their team finished 10th and 11th in the Under 20 women's event. Warrington AC teams finished 8th in the U15 Boys event and 15th in the U15 Girls.

NOTE: Northern road and cross country teams for 2012 – any athletes and coaches who would be interested in taking part in events as a member of a NA team are asked to contact team managers. NA are also keen to recruit female team managers. Interested athletes/coaches should check the NA website.

TRACK and FIELD

FIXTURES

2011

- 17 December NA Indoor Open, Sheffield

2012

- 7-8 January NA Senior & U20 Indoor CE championships, location tbc
14-15 Jan NA Indoor championships (all ages), Sheffield
5 February NA Masters Indoor Open, Sheffield
3-4 March EA / NA U17 & U15 Indoor championships, Sheffield
10-11 March EA / NA U17 & U15 Indoor CE championships, location tbc
5 May Northern League Match 1
6 May YAL Match 1
1-13 May Cheshire and Greater Manchester T&F Championships, Warrington
20 May YAL Round 2
26-27 May EA / NA Senior & U20 CE championships, Bedford
2-4 June EA / NA Senior T&F championships, location tbc
16 June County championships – Schools
16-17 June Aviva World Trials, U20 & U23 championships, Bedford
17 June YAL Match 3
22-24 June Olympic Trials and UK championships, location tbc
1 July Northern League Match 3
6-7 July English Schools' championships, Gateshead
14-15 July NA U20/U17/U15 T&F championships, location tbc
3-12 August Olympic Games (athletics), London
4-5 August EA / NA U17 & U15 /CE, location tbc
5 August Northern League Match 4
18-19 August EA U17 & U15 championships, Bedford
25-26 August CAU Senior championships, Bedford

SPORTSHALL ATHLETICS

2011-2012

- 11 Dec Round 4, Widnes
22 Jan Fun in Athletics U11 Finals, Eastlands (by selection)
25 Feb Regional Finals, Wigan (by selection)
League Finals U11s am / U13s & U15s pm

RACE WALKING - A new discipline for Cheshire athletes

Cath McGrath a competitive race walker and UKA Licensed coach for Race Walking is offering to help those interested in race walking. Cath, a member of West Cheshire AC can be contacted by e-mail : cathmcgrath@btinternet.com

Get interactive with UKA – check out all the latest news, views, blogs and videos. Connect on Facebook, Twitter and YouTube.

Marian Allen is the person to contact for information and help about UKA Standards. She can be reached on panmaallen@googlemail.com.

The Cheshire and Merseyside Athletics Network

If you wish your club to be involved please contact Co-ordinator, Vicky Huyton (Vicky.huyton@cwspartnership.org) 07738402931. Please also contact Vicky to book on any of the courses listed below. Newsletters can be viewed on the website. Contact Chairperson Andy Garnett by email on andy.garnett@amec.com or phone him on 01925 675420 during working hours. Check out possible free places on Officials' courses – via the Network.

CHESHIRE NETWORK EVENTS

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

TRAINING

CHESHIRE AND WARRINGTON SPORTS PARTNERSHIP COURSES

Note that courses organised by the Partnership are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation for Clubmark. To book, 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).

Alternatively phone 01606 871812 (have your card details ready). CWSP need you to tell them what courses you need. Places on the FUNdamentals workshops are limited.

Course Title	Venue and Date	Cost
Safeguarding and Protecting Children	The Business School, Winwick 6.12.11 / 6.30-9.30pm	£30
Safeguarding and Protecting Children - 2	Wilmslow High School 13.12.11 / 6.30-9.30pm	£30
Safeguarding and Protecting	Nantwich Cricket Club	£30

Children	25.1.12 / 6.30-9.30pm		
Safeguarding and Protecting Children - 2	Winsford Lifestyle Centre 31.1.12 / 6.30-9.30pm	£30	
Safeguarding and Protecting Children	Winsford Lifestyle Centre 23.2.12 / 6.30-9.30pm	£30	
Safeguarding and Protecting Children	The Business School, Warrington 6.3.12 / 6.30-9.30pm	£30	
Safeguarding and Protecting Children	UOC, Padgate Campus 13.3.12 / 6.30-9.30pm	£30	
Emergency First Aid	Cheshire County Sports Club 24.11.11 / 6.90-9.30pm	£30	
Emergency First Aid	Halliwel Jones Stadium 8.2.12 / 6.00-9.00pm	£30	
Emergency First Aid	Wilmslow High School 26.3.12 / 6.30-9.30pm	£30	
Working with Children (Educational Difficulties)	West Cheshire College, E Port 5.1.12 / 8.30am – 2.30pm	£40	

For more information on this or any of our courses feel free to contact Rob Burchell (Coaching Development Manager) at rob.burchell@sportcheshire.org

UK coaching courses (local to Cheshire)

Coaching structure has changed significantly. EA North has circulated details to all clubs which are also on the EA and UKA web sites. 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.

LEADERSHIP IN RUNNING FITNESS

17.12.11	Eastlands (formerly Sportcity)	NW	NC0270	£90
3.3.12	Eastlands	NW	NC0272	£90

LEADER AWARD

17.12.11	Eastlands	NW	NC0271	£90
3.3.12	Eastlands	NW	NC0273	£90

COACHING ASSISTANT

17-18.3.12	Eastlands	NW	NC0269	£130
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ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.

3.12.11	Assessment Day (time tbc)	NW	NC0218	
21-22.1.12	Robin Park Arena – Days 1 & 2	NW	NW0290	£325
4.3.12	Robin Park Arena - Day 3	NW	NW0290	

COACH IN RUNNING FITNESS (contact D Beresford for details)

CHILDREN'S COACH AWARD

11-12.2.12	Robin Park Arena – Days 1 & 2	NW	NW291	£325
24.3.12	Robin Park Arena - Day 3	NW	NW291	£325

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.

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator. Eddie recommends that all clubs who have licensed coaches keep a watch on CRB renewals that 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. T: 0161 223 4246 or email at jfylan@uka.org.

Officials' Courses - 2011

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 officials-north@englandathletics.org. Telephone 07920 532552.

			NO0108TK Timekeeping 10.00am NO0108FD Field 10.00am NO0108SM Starter/Marksman 10.00am NO0108PF Photofinish 10am
ENDURANCE LEVEL 2			£20
6.11.2011	GM	Eastlands	NO0107END Endurance 1.30pm <i>Book both Endurance & Risk assessment modules at this course at a discounted price of £30</i>
ENDURANCE – RISK ASSESSMENT			£20
			NO0107RA Risk Assessment 10.00am <i>Book both Endurance & Risk assessment modules at this course at a discounted price of £30</i>

The Cheshire Officials' Secretary is Alan Morris. He can be contacted at cheshireofficials@gmx.com.

Cheshire Area Events		
30.1.11	Multi-event approach for young athletes incorporating Athletics 365	Knutsford LC 12.00-4.00pm
11.12.11	LTAD and the growing athlete – anatomy, movement and posture	Knutsford LC 10.00am-1.00pm
29.1.12	Strength, power and plyometrics – what can be done in a club environment	Knutsford LC 10.00am-1.00pm
Regional Events		
22.1.12	Endurance - Grimsnargh Village Hall Coaching female athletes	10.00am-1.00pm

Sarah Friday (sfriday@englandathletics.org) and Claire Buckle are the Club and Coach Support Officers for Cheshire and for Greater Manchester. Contact Sarah - sfriday@englandathletics.org M07912070640 or Claire - cbuckle@englandathletics.org M07803671968.

Event First Aid – any Clubs needing to provide first aid facilities at events, can contact the British Red cross on www.redcross.org.uk/eventfirstaid.

The next **Cheshire AA committee**

INFORMATION for the NEWSLETTER :

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy):
jamesandellenmolloy@btopenworld.com

Contact Sarah Friday - sfriday@englandathletics.org M07912070640 or Claire Buckle - cbuckle@englandathletics.org M07803671968

TRACK AND FIELD LEVEL 2			£15
22.4.2012	GM	Eastlands	NO0108TR Track Judges 10.00am