

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER November 2011

### FIXTURES - Road and MT

#### **2011**

- 5 November Langley 7 mile, near Macclesfield  
19 November Northern 10mile R R Championships, Brampton-Carlisle  
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 ERRRA Mens' 12 stage and Womens' 6 stage road relays, Sutton Park, Birmingham  
13 May Chester half-marathon  
22 Sept NA 6 and 4 stage road relays and TA championships  
30 Sept Macclesfield half marathon  
7 October MBNA Chester Marathon

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

### Cheshire County Marathon Championships. 9 October, held within the MBNA Chester Marathon

Men: 1<sup>st</sup> A Timmins, Warrington / 2<sup>nd</sup> A Green, Warrington / 3<sup>rd</sup> M Smith, South Cheshire Harriers. Men 50: T Morris, Wilmslow.

Women: 1<sup>st</sup> D Mitson, South Cheshire Harriers / L Blizzard, Belgrave Harriers / C Hemming, Spectrum Striders.

Andy Green, who was second Cheshire male, holds the fastest marathon time for a Cheshire club runner of 2hrs 12mins 12 seconds set in 1993.

### **FELL RUNNING**

**Congratulations** to Olivia Bush (Altrincham) who travelled to Llanberis for the Commonwealth Mountain Running Championships on 24 September. Olivia competing for England, finished fourth individually, and was a member of the winning team.

### **CROSS COUNTRY**

#### **2011**

- 5 November ECCA Relays, Mansfield  
13 November Manchester X-C League, Sherdley Park  
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 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

### **Representative Honours**

Rob Tudor (West Cheshire AC) has been selected for the England Masters team in the annual Home Countries International Masters competition to be held on Nov 26<sup>th</sup> at Glasgow. Rob is the current British Masters M45 5km road running champion.

### **TRACK and FIELD**

#### **FIXTURES**

#### **2011**

- 19 November NA Indoor Open, Sheffield  
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  
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  
22-24 June Olympic Trials and UK championships, location tbc  
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  
18-19 August EA U17 & U15 championships, Bedford  
25-26 August CAU Senior championships, Bedford

Crewe and Nantwich AC achieved a clean sweep in the Cheshire Track and Field League, achieving wins in the Mens, Ladies and U11s competitions. Congratulations!

**Northern Athletics Annual Open Meeting** will take place on 12 November at Longford Park Athletics Stadium, Stretford commencing at 11:30am. All clubs are entitled to have a representative at the meeting.

### **SPORTSHALL ATHLETICS**

#### 2011-2012

- 20 Nov Round 3, Widnes  
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](mailto:cathmcgrath@btinternet.com)

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

### **The Cheshire and Merseyside Athletics Network**

If you wish your club to be involved please contact Co-ordinator, Vicky Huyton ([Vicky.huyton@cwspartnership.org](mailto: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](mailto: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			
14.11.11	Youth development – how training affects young athletes	Winsford Lifestyle Centre	6.30pm
27.11.11	Cheshire Run-jump-throw series	Macclesfield Athletics Track	10.00am-2.00pm
30.11.11	Nutrition for endurance athletes	Knutsford LC	6.30pm

**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](http://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 Children	Nantwich Cricket Club 25.1.12 / 6.30-9.30pm	£30

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](mailto: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/](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](mailto: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](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 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](mailto: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](mailto:officials-north@englandathletics.org). Telephone 07920 532552.

			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 &amp; 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 &amp; 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](mailto: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

26.11.11	Heavy Throws	Leigh SV All 10.00-4.00pm
27.11.11	Shot, discus and hammer	
11.3.12		
14.10.11	High Jump	7.30pm – 9.30pm
15.10.11	(all Eastlands)	10.00am-2.00pm 10.30am-3.00pm
29.10.11	Endurance - Longford Park, Trafford Progression of training to seniors 18-23	10.00am-1.00pm
22.1.12	Endurance - Grimsnargh Village Hall Coaching female athletes	10.00am-1.00pm

**Sarah Friday** ([sfriday@englandathletics.org](mailto:sfriday@englandathletics.org)) and Claire Buckle are the Club and Coach Support Officers for Cheshire and for Greater Manchester. Contact Sarah - [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) M07912070640 or Claire - [cbuckle@englandathletics.org](mailto: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](http://www.redcross.org.uk/eventfirstaid).

The next **Cheshire AA committee** meeting will be held on 28 November prior to the **Cheshire Network Meeting**. It is possible that the meeting will be held at the new Sport Cheshire (ie Network) offices, but if not, the Red Lion at Moulton is a possible alternative. The minutes of the Cheshire AA can be found on the County website. All Clubs within Cheshire AA are entitled to send a representative to the County meeting, and the Network are always pleased to welcome new members.

### 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)

Contact Sarah Friday - [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) M07912070640 or Claire Buckle - [cbuckle@englandathletics.org](mailto:cbuckle@englandathletics.org) M07803671968

TRACK AND FIELD LEVEL 2			£15
22.4.2012	GM	Eastlands	NO0108TR Track Judges 10.00am NO0108TK Timekeeping 10.00am