

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER September 2011

### FIXTURES - Road and MT

#### **2011**

- 17 Sept NW Road Relays (inc. **Cheshire Champs.**), Sefton Park  
18 Sept English half-marathon, Warrington  
18 Sept Sutton 6 10K, nr Chester (**GP7**)  
24 Sept **Northern Athletics** Road Sen/YA Relays, Birchwood  
Mens' 6 stage and Womens' 4 stage  
25 Sept Macclesfield Half-Marathon  
9 October Congleton half-Marathon  
9 October MBNA Chester Marathon, including **Cheshire Championships**  
15 October ERRA National Men 6 and Women 4 stage relays, Birmingham  
16 October ERRA National Young Athletes Relays, Birmingham  
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**
- 31 March 12 and 6 stage road relay championships, location tbc  
14 April ERRA Mens' 12 stage and Womens' 6 stage road relays, Sutton Park, Birmingham

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

**Cheshire RR GP** : Round 6 was held at Moulton, near Wimsford in the Pie and Peas Multi-terrain race. A very large turn out from Cheshire club runners ensured good competition. The final race is at the Guilden Sutton 10K on 18 September, when the final winners of the awards will be decided.

**NORTHERN ATHLETICS ROAD RELAYS, 24 SEPTEMBER** at Birchwood Business Park, near Warrington. A call for Cheshire club members to help to marshal is repeated. Despite requests in previous Newsletters there have been no offers. Please contact John Driscoll (jld@sunnyfield.co.uk)

### **FELL RUNNING**

### **CROSS COUNTRY**

#### **2011**

- 1 October NA Cross-Country Relays, Sheffield – all age groups  
22 October Manchester X-C League, Heaton Park  
Note: U11s can compete in four races, best three to count.  
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, Winsford  
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

### **TRACK and FIELD**

#### **FIXTURES**

#### **2011**

- 4 Sept Cheshire League Round 4  
6 Sept Trafford Grand Prix  
11 Sept Cheshire CE Championships, Macclesfield – U13/U15  
17-18 Sept English Schools' CE and RW Championships, Exeter  
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  
4 February NA Masters Indoor Open, Sheffield  
10-11 March EA (inc. NA) U17 & U15 Indoor CE Championships, location tbc

### **Congratulations .....**

Megan Huxley, Warrington was third in the NA U20 ladies 3K Championships at Trafford on 12 July.

Daniel Cliffe, Liverpool H, who was fifth in the NA 10K Championships at Leigh on 30 July.

Northern Inter Counties, Leigh, 30 July: Aimee Addis of Crewe and Olivia Montez-Brown of West Cheshire - first and third in U17 ladies long jump; Michael Bailiff, West Cheshire – first in U17 men high jump; Amy Williams, Sale – first in U15 girls long jump; Charlotte Dickinson, Sale and Kelly Baker, West Cheshire – first and second in U17 ladies shot putt.

NA T&F U15/U17 Championships, Cudworth: Charlotte Dickinson, Sale – first, U17W shot putt; third, U17W discus; Ashley Kirsopp Warrington - first, U15B long jump and first U15B 80mH; Lisa James, Crewe - second U17W long jump; Gemma Valentine, Crewe - second U17W pole vault; Georgia Pickles, Crewe - second under 15G pole vault; Amy Williams, Sale - first U15G long jump, James Webster, Warrington – second U17M 400mH; A Hinchly, Vale Royal – second U15G 1500m; Tessa McCormick, Vale Royal – first U17W 3,000m; Jemma Eyre, Warrington – third U15G 800m; James Webster, Warrington – third U17M 100mH; Jack Gleave, Warrington – third U17M 1500m; Danielle Wallis, Macclesfield – third U17W 800m; Elliot Bowker, Vale Royal and Liam Burthem, Warrington – second and third U15B 300m, Zack Bamber, Vale Royal, third – U17M 3000m.

Olivia Montez-Brown, West Cheshire, finished second overall and first Cheshire U17 lady in the NW CE Championships at Eastlands on 27 August.

At the England Athletics U15/U17 championships at Bedford, Ashley Kirsopp (Warrington) won the U15 Boys 80mH and was 6<sup>th</sup> in the Long Jump; Amy Williams (Sale) was third in the U15 Girls Long Jump and Danielle Wallis (Macclesfield) 6<sup>th</sup> in the U17 Womens 1500m

**Representative Honours** : congratulations to Stevie Stockton on representing British Universities in the world university Championships at Shenzhen, where she was just outside the medals in 4<sup>th</sup> place in the 5000m in another sub-16 minute clocking.

The task of issuing **AAA Standard Certificates and Badges** has passed to Marian Allen of Halton and Frodsham Harriers. Marian very kindly volunteered to take on this job from Brian Warren. Her email is as follows: [panama@googlemail.com](mailto:panama@googlemail.com).

### **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 |   |                                       |                |
|-------------------------|---|---------------------------------------|----------------|
| 2.10.11                 | Off-road development day                                | Teggs Nose Country Park, Macclesfield | 10.00am-3.00pm |
| 12.10.11                | Planning the season ahead and goal setting              | Halliwel Jones Stadium, Warrington    | 7.00pm         |
| 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 | EPIC Leisure Centre, E Port<br>15.9.11 / 6.30 – 9.30pm         | £30  |
| Safeguarding and Protecting Children | Nantwich Cricket Club<br>26.9.11 / 6.30 – 9.30pm               | £30  |
| Safeguarding and Protecting Children | Halliwel Jones Stadium, Warrington<br>20.10.11 / 6.00 – 9.00pm | £30  |
| Emergency First Aid                  | Winsford Lifestyle Centre<br>4.10.11 / 6.30 – 9.30pm           | £30  |

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)

The UKA 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

|          |                                |    |        |     |
|----------|--------------------------------|----|--------|-----|
| 22.10.11 | Kirkby Sports College          | NW | NC0222 | £90 |
| 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

|             |                            |    |        |      |
|-------------|----------------------------|----|--------|------|
| 8-9.10.11   | Eastlands                  | NW | NC0268 | £130 |
| 15-16.10.11 | Cumberland Athletics Track | NW | NC0281 | £130 |
| 17-18.3.12  | Eastlands                  | NW | NC0269 | £130 |

ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.

|            |                               |    |        |      |
|------------|-------------------------------|----|--------|------|
| 1.10.11    | Assessment Day (time tbc)     | NW | NC0208 | £325 |
| 3.9.11     | Eastlands - Day 3             | NW | NC0218 |      |
| 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)

|            |                           |    |        |      |
|------------|---------------------------|----|--------|------|
| 10-11.9.11 | Trafford Athletic Stadium | NW | NC0246 | £325 |
| 22.10.11   | Trafford Athletic Stadium | NW | NC0246 | £325 |

#### CHILDREN'S COACH AWARD

|            |                               |    |       |      |
|------------|-------------------------------|----|-------|------|
| 3-4.9.11   | Eastlands – Days 1 and 2      | NW | NW262 | £325 |
| 22.10.11   | Eastlands – Day 3             | NW | NW262 | £325 |
| 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.

| TRACK AND FIELD LEVEL 2     |    |           |   | £15 |
|-----------------------------|----|-----------|---|-----|
| 22.4.2012                   | GM | Eastlands | NO0108TR Track Judges 10.00am<br>NO0108TK Timekeeping 10.00am<br>NO0108FD Field 10.00am<br>NO0108SM Starter/Marksman 10.00am<br>NO0108PF Photofinish 10am |     |
| ENDURANCE LEVEL 2           |    |           |   | £20 |
| 6.11.2011                   | GM | Eastlands | NO0107END Endurance 1.30pm<br><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<br><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<br>12.00-4.00pm   |
| 11.12.11 | LTAD and the growing athlete – anatomy, movement and posture             | Knutsford LC<br>10.00am-1.00pm |
| 29.1.12  | Strength, power and plyometrics – what can be done in a club environment | Knutsford LC<br>10.00am-1.00pm |

#### Regional Events

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

**Sarah Friday** ([sfriday@englandathletics.org](mailto:sfriday@englandathletics.org)) and 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 at Moss Farm, Northwich on 12 September, at 6pm preceding the **Cheshire Network meeting**.

#### 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