

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

April 2011

FIXTURES - Road and MT

2011

6 April	Chester Spring 5 mile
9 April	National 12 and 6 stage Road Relays, Birmingham
10 April	Air Products 10K, Crewe (GP3)
17 Apr	LONDON MARATHON
24 April	Runcorn Bridge 5 mile (GP4)
1 May	South Cheshire Harriers 20 mile, Crewe
6 May	Christleton 5K (7.30pm)
12 May	Mobberley Round the Runway Race
15 May	Shell Chester half-marathon (FULL)
22 May	10 mile Inter-Counties, Llandudno – (<u>Cheshire will participate</u>)
4 June	Hollins Green 5K
12 June	Warrington 5K
23 June	Warrington RR Woolston Park 10K
24 June	Tattenhall Tough Team Race
25 June	Lymm 5K (GP5 – men only) NOTE this is an open race for men and ladies)
6 July	Forest Park Ladies 5K (GP5 – women only)
16 July	Burtonwood 5 mile
3 August	Pie & Peas 5 mile MT, nr Winsford (GP6)
21 August	Run Winsford 10K
21 August	Birchwood 10K (Spectrum Striders)
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
25 Sept	Macclesfield Half-Marathon
9 October	MBNA Chester Marathon, including Cheshire Championships
19 November	Northern 10mile R R Championships, Brampton-Carlisle)
27 Dec	Northern 10K R R Championships, Ribble Valley, Clitheroe)

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

FELL RUNNING

28 May	Inter-county Fell-Running Championships, Broughton Village Hall, Scotland
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The Cheshire Championships were held at the Cloud Nine Race, hosted by Congleton Harriers. The first three placings in the Mens and Ladies races, are listed below. However, a full listing can be obtained from the Congleton Harriers website.

Men: Damian Nicholls, Wilmslow RC / Andrew Lamont, Macclesfield Harriers / Rob Grantham, Ellesmere Port Runners

M40: James Noakes, Macclesfield Harriers

M50: John Mooney, Macclesfield Harriers

Ladies: Olivia Walwyn, Altrincham / Anne Farmer, Macclesfield Harriers / Ann-Marie Jones (**L55**), Altrincham AC

L60: Stephanie Charmon, Spectrum Striders

CROSS COUNTRY

2011

1 October	NA Cross-Country Relays. Sheffield
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2012

7 January	Cheshire Cross Country Championships, Winsford
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Congratulations to Stevie Stockton of Vale Royal AC who was the third finisher for the GB and NI team at the World Cross Country Championships, held at Punto Umbria, Spain. Stevie finished 37th, with the team coming home in fifth place.

Stevie had earlier finished 7th in the Senior ladies race for Cheshire at the Inter-County CC championships on March 5th at Cofton Park, Birmingham. This helped the Cheshire Senior ladies team to finish an excellent 7th. Also at the same event, Harriet Knowles-Jones (Warrington) was also 7th in the U13 girls race, helping the Cheshire team to finish 11th of the 40+ counties taking part.

Our thanks go to the Cheshire team managers at this event in ensuring the County had teams in all of the age groups : Chris Griffiths, Phil Hicken, Nick Massey, Shaun McGraff, Adrian thiemicke and Lynn Wright.

Elsewhere Harriet had another good race in the Junior Girls age group at the English schools championships, but for Greater Manchester schools, helping

them to 3rd team place. A week later Harriet won the junior girls race at the English Schools Cup final, running for her school.

TRACK and FIELD

FIXTURES

2011

10 April	Trafford Open Medal Meeting
10 April	Wigan Open Meeting
16 April	Liverpool Throws and Jumps, Wavertree
17 April	Liverpool Harriers Tom O' Mahoney Mem. Meeting
17 April	Cheshire League Round 1
25 April	Trafford Open Medal Meeting
2 May	Trafford Open Medal Meeting
3 May	Trafford Grand Prix
7 May	Northern Track and Field League, Match 1
8 May	YAL, Round 1
14-15 May	Cheshire & Greater Manchester T&F Championships , Stretford
17 May	Trafford Grand Prix
22 May	YAL Round 2
28-29 May	CAU T&F Championships, Bedford
30-31 May	Trafford Open Medal Meeting
4 June	Northern Track and Field League, Match 2
5 June	YAL Round 3
14 June	Trafford Grand Prix
18-19 June	NA Senior & U20 T&F Champs., Sportcity
19 June	YAL Round 4
26 June	Cheshire League Round 2
28 June	Trafford Grand Prix – Distance and Throws
1-2 July	English Schools' Championships, Gateshead
3 July	Northern Track and Field League, Match 3
5 July	Trafford Grand Prix
9 July	Cheshire Track Relay Championships , Stanney
9-10 July	Throws and Jumps Meeting, Copthall
12 July	Trafford Grand Prix
16-17 July	England Senior Championships ?????
19 July	Trafford Grand Prix
23-24 July	Hexham International CE, Hexham
26 July	Trafford Grand Prix
29-31 July	Aviva World Trials and UK Championships Birmingham
30 July	NA Inter Counties T&F Championships, Leigh, plus NA 10,000m track championships.
31 July	Cheshire League Round 3
2 August	Trafford Grand Prix
6-7 August	NA U17 and U15 Championships, venue tbc
9 August	Trafford Grand Prix
13-14 Aug	England U17 CE Championships, Stoke
14 August	Northern Track and Field League, Match 4
16 August	Trafford Grand Prix
20-21 Aug	England U17 Championships ?????
23 August	Trafford Grand Prix
27-28 Aug	NW CE Championships, U17 – Masters, Sport City (including Cheshire Championship for U17s upwards)
29 August	Trafford Open Medal Meeting
4 Sept	Cheshire League Round 4
8 Sep	Trafford Gand Prix
11 Sept	Cheshire CE Championships, Macclesfield – U13/U15
17-18 Sept	English Schools' CE and RW Championships, Exeter

Cheshire Track Relays : entry forms and details will be distributed shortly.

England Athletics Indoor Championships

Cheshire club athletes came away with a number of medals from these championships :

Liam Clowes (Crewe/Nantwich) 1st U20 Mem 200m

James Gladman (Warrington AC) 2nd U20 Men 60m Hurdles

J Platt (Crewe/Nantwich) 1st U17 Men 200m

J Gleave (Warrington AC) 4th U17 Men 800m

A Kirsopp (Warrington AC) 2nd U15 Boys 60m Hurdles

L James (Crewe/Nantwich) 1st U17 women Long Jump

Combined events : Olivia Montez-Brown (West Cheshire) 4th U17 Womens event.

European Masters Indoor Championships

Cheshire athlete, Darren Scott (Trafford) carried on his winning ways in Masters events when winning the MV40 age groups 200 and 400m events.

The County needs a volunteer to issue standards certificates and appropriate badges to those athletes who achieve the relevant grade. This would entail keeping a stock of badges and certificates, and to attend County events such as championships and league events, where the bulk of the graded performances are achieved. If anyone feels that they could help with this task, please contact any of the Committee members.

Northern Athletics have proposed changes to the format of the **Inter-County** match which will be held at Leigh Sports Village on 30 July. Copies of the letter and proposals have been circulated. The meeting will be limited to events for the U15 and U17 age groups only.

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

Sportshall Athletics

Cheshire's U13 girls' team returned victorious from Birmingham and the UK Championships. The U13 boys finished in 6th place and the U15 girls were fourth.

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@cwsportspartnership.org) 07738402931. 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 Club List – Mike Lamb of West Cheshire AC has taken over responsibility for keeping the list up to date.

TRAINING

CHESTER AND 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, 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	Cheshire CS Club, Chester 5.4.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children	Wilmslow High School 11.4.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children	UO Chester, Padgate Campus 5.5.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children 2 : Reflection on Practice	Winsford Lifestyle Centre 24.5.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children 2 : Reflection on Practice	Wilmslow High School 8.6.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children	Sandbach Gymnastics Club 20.6.11 / 6.30 – 9.30 pm	£30
Safeguarding and Protecting Children	Halliwel Jones Stadium Warrington 11.7.11 – 6.30 – 9.30 pm	£30
Safeguarding and Protecting Children	EPIC Leisure Centre, E Port 15.9.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children	Nantwich Cricket Club 26.9.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children	Halliwel Jones Stadium, Warrington 20.10.11 / 6.00 – 9.00pm	£30
Emergency First Aid	Lymm High School 16.5.11 / 6.30-9.30	£30
Emergency First Aid	Wilmslow High School 7.7.11 / 6.30-9.30pm	£30
Emergency First Aid	Winsford Lifestyle Centre	£30

	4.10.11 / 6.30 – 9.30pm	
Equity in your Coaching	UO Chester, Padgate Campus 16.6.11 / 6.30 – 9.30pm	£30
FUNdamentals of Coordination	Weaverham Community Centre 20.5.11 / 6.30 – 9.30 pm	£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

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/

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				
16.4.11	Cumberland Track, Crewe	NW	NC0216	£90
11.6.11	Weaverham Community Centre, Northwich - reduced price places available £45 – log onto your account for information www.coachingcw.org 9.00am - 5.00pm (Sport Cheshire)			£90
18.6.11	Woodbank Park, Stockport	NW	NC0249	£90
24.7.11	Sportcity, Manchester	NW	NC0241	£90
27.10.11	Kirkby Sports College	NW	NC0222	£90
LEADER AWARD				
COACHING ASSISTANT				
9-10.4.11	Leigh Sports Village	NW	NW0207	£130
16-17.4.11	Sportcity, Manchester	NW	NC0226	£130
21-22.5.11	Cumberland Track, Crewe	NW	NW0212	£130
9-10.7.11	Litherland Sports Park	NW	NW0215	£130
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.				
5.3.11	Day 3			
11.6.11	Assessment Day (time tbc)			
2-3.4.11	Days 1 & 2,	NW	NC0197	£325
8.5.11	Day 3			
7.8.11	Assessment Day (time tbc)			
7-8.5.11	Days 1 & 2	NW	NC0208	£325
26.6.11	Day 3			
1.10.11	Assessment Day (time tbc)			
23-24.7.11	Days 1 and 2	NW		£325
3.9.11	Day 3			
3.12.11	Assessment Day (time tbc)			
COACH IN RUNNING FITNESS (contact D Beresford for details)				
8.1.11	Day 3, Robin Park, Wigan			
9.4.11	Assessment Day			

Urgent

England Athletics NW Combined Events Coach and Athlete Day – one date remaining. Check England Athletics website.

10 April / Sport City 10.00am – 3.00pm

Contact Sarah Friday - sfdiday@englandathletics.org M07912070640

Or Claire Buckle - cbuckle@englandathletics.org M07803671968

Cheshire Officials –

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 – During 2010 the County were notified of changes to the Criminal Records Procedure. Please go to the following web site: 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 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 :Telephone 0161 223 4246 or email her at jfylan@uk.org.uk

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.

Sarah Friday (sfriday@englandathletics.org) is the Coach and Club co-ordinator for Cheshire and for Greater Manchester. (Tel : 0161 230 8184).

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.

INFORMATION for the NEWSLETTER :

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy):

jamesandellenmolloy@btopenworld.com