

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

August 2011

FIXTURES - Road and MT

2011

- 3 August Pie & Peas 5 mile MT, nr Winsford (GP6)
14 August Great Warford 10 mile
21 August Run Winsford 10K
21 August Birchwood 10K (Spectrum Striders)
24 August Capenhurst 5K (EPRC)
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**
5 November Langley 7 mile, near Macclesfield
19 November Northern 10mile R R Championships, Brampton-Carlisle
11 December Tatton Yule Yomp
26 December Chester "Round the Walls"
27 December Northern 10K R R Championships, Ribble Valley, Clitheroe
We would appreciate dates for other events proposed to be held in Cheshire.

The female 5K race in the Cheshire RR GP Round 5 at Forest Park, Birchwood was won by Karrie Hawitt (Warrington AC) and puts her in contention along with several other ladies for the overall winner at the end of the final two GP events. Wilmslow ladies team have a substantial lead in the team race but are not yet certain of winning.

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.
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
11 February Manchester X-C League,

TRACK and FIELD

FIXTURES

2011

- 2 August Trafford Grand Prix
6-7 August NA U17 and U15 Championships, Cudworth
9 August Trafford Grand Prix – Distance and Throws (inc. NA Sen. & U20 Women S/chase)
13-14 Aug England U17 CE Championships, Stoke (Inc. Northern Athletics)
14 August Northern Track and Field League, Match 4
16 August Trafford Grand Prix – sprints/hurdles/jumps
20-21 Aug England U17 Championships, Bedford
23 August Trafford Grand Prix
27-28 August 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
6 Sept Trafford Grand Prix
11 Sept Cheshire CE Championships, Macclesfield – U13/U15
17-18 Sept English Schools' CE and RW Championships, Exeter

Well done to Stevie Stockton, Vale Royal AC, who won Bronze in the 5K event at the European U23 Championships held on 17 July at Ostrave, CZE.

Congratulations also to Darren Scott who returned from the World Masters' Championships held at Sacramento USA, with two Gold and two Silver medals. Darren won individual Gold in the V40 200m and Silver in the 400m. Two further medals came with Gold in the 4x100m relay and Silver in the 4x400m relay.

English Schools : championships, Gateshead.

Cheshire schools' athletes returned home with medals in several events from the annual English schools Championships : A Fitzpatrick won the Senior Girls 400mH event and Amy Williams the Junior Girls LJ. Silver medals were won by Liam Clowes in the Senior Boys 200m, by James Gladman in the Senior Boys 110mH, by Megan Huxley in Senior Girls 3000m and by A Mackenzie in the Junior Girls HJ. Other top 10 placings were achieved by S Dykes (SenB 800m), J Webster (IntB 400mH), A Howell (IntB TJ), N Clowes (JunB HT, S Fraser (SenG HJ), K Baker (IntG SP),)

Cheshire County Relay Championships

For a full set of results check the County website

U13 girls: 4x100 Halton & Frodsham 'A' / 3x800m Stockport 'A' (guests); U13 boys: 4x100m Sale (guests) / 3x800m Warrington 'A'; U15 girls: 4x100m Sale 'A' (guests) / 3x800m Warrington 'A' / Medley Warrington; U15 boys: 4x100m Crewe & Nantwich / 3x800m Warrington 'A' / Medley Crewe & Nantwich; U17 ladies: 4x100m Crewe & Nantwich 'A' / 3x800m Vale Royal / Medley Crewe & Nantwich; U17 men: 4x100m Crewe & Nantwich / 3x800m Warrington 'A' / Medley Crewe & Nantwich; Ladies: 4x100m West Cheshire 'A' / 3x800m Macclesfield / Medley Macclesfield; Men: 4x100m West Cheshire / 3x800m Vale Royal 'A' / Medley West Cheshire.

U11 girls: Crewe & Nantwich 'A' / 3x800m Sale (guests)

U11 boys: Vale Royal 'A' / 3x800m Warrington 'A'

Omitted from last month's newsletter were results from the Northern Senior & U20 Championships held 18-19 June. Liam Clowes (Crewe and Nantwich) and James Gladman (Warrington) won U20 200m Silver and Bronze respectively, whilst Beth Hicken (Warrington) returned with Bronze from the U20 400m.

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.

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.

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. 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 – 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	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	Winsford Lifestyle Centre 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

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.

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.

7.8.11	Assessment Day (time tbc)	NW	NC0197	£325
1.10.11	Assessment Day (time tbc)	NW	NC0208	£325
23-24.7.11	Eastlands - Days 1 and 2	NW	NC0218	£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

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

England Athletics North West Local Coach Development Programme All courses at Eastlands - no fee payable (details in next newsletter)

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.

England Athletics 2011 Awards - one month left to vote

www.englandathletics.org/awards

Categories are as follows -

Clubs: Development Club of the Year / Athletics Network of the Year
Coaches: Services to Coaching / Development Coach of the Year
Volunteers: Young Volunteer of the Year / Services to Volunteering
Officials: Official of the Year / Services to Officiating

Disability Athletics: Services to Disability Athletics
Services to Athletics: Services to Athletics
NOMINATE OR VOTE BEFORE 19 AUGUST – help to recognise the outstanding work done by volunteers in our sport.

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/crb

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@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.

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

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.

The next **Cheshire AA committee** meeting will be held at Moss Farm, Northwich in September, 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