

## CESHIRE COUNTY ATHLETIC ASSOCIATION

### NEWSLETTER

February 2011

The AGM of the Cheshire County AA is to be held on Wednesday, 16<sup>th</sup> February 2011 at 7:30pm at the Community Centre, Fluin Lane, Frodsham. All clubs will have received the notice recently from the County Secretary, Brian Warren and additional information.

Please note that Brian Warren is retiring from the post of Secretary at that meeting, having acted as Secretary since the current Cheshire County AA was established in 1992. We thank him for his long contribution to athletics in the County.

To ensure continuation of the Association it is important that a volunteer comes forward to take on that post. So far there has been no one indicating that they would be willing to act as secretary.

#### FIXTURES - Road and MT

2011

6 Feb	Alsager 5
27 Feb	High Legh 10K
6 Mar	Farnon 10K ( <b>PLEASE NOTE THAT THIS RACE HAS HAD TO BE CANCELLED</b> )
20 Mar	Northern Athletics 12 and 6 stage Road Relays, Catterick
27 Mar	Wilmslow Half Marathon (+ England Champs) ( <b>GP2</b> ) <b>THIS RACE IS FULL</b>
3 April	Whitley 10K
6 April	Chester Spring 5 mile
9 April	National 12 and 6 stage Road Relays, Birmingham
10 April	Air Products 10K, Crewe ( <b>GP3</b> )
24 April	Runcorn Bridge 5 mile ( <b>GP4</b> )
1 May	South Cheshire Harriers 20 mile, Crewe
6 May	Christleton 5K (7.30pm)
15 May	Shell Chester half-marathon (Entries open 14 <sup>th</sup> February)
22 May	10 mile Inter-Counties, Llandudno
4 June	Hollins Green 5K
23 Jun	Warrington RR Woolston Park 10K
25 Jun	Lymm 5K ( <b>GP5 – men only</b> ) NOTE this is an open race for men and ladies
6 Jul	Forest Park Ladies 5K ( <b>GP5 – women only</b> )
16 July	Burtonwood 5 mile
3 Aug	Pie & Peas 5 mile MT, nr Winsford ( <b>GP6</b> )
21 Aug	Birchwood 10K (Spectrum Striders)
18 Sep	English half-marathon, Warrington
18 Sep	Sutton 6 10K, nr Chester ( <b>GP7</b> )
24 Sep	Northern Athletics Road Sen/YA Relays, Birchwood
9 Oct	MBNA Chester Marathon

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

Following the **Cheshire RR Grand Prix Round 1**, summary results are below and full tables can be viewed on the Cheshire AA web site.

**Men:** 1<sup>st</sup> D Harris; 2<sup>nd</sup> C Prior; 3<sup>rd</sup> P Brook (all City of Chester Tri).

**Team:** Chester Triathlon Club, 2<sup>nd</sup> South Cheshire Harriers, 3<sup>rd</sup> Wilmslow RC.

**Women:** K Hawitt, Warrington; K Readman, Macclesfield; 3<sup>rd</sup> N Lowe, S Cheshire Harriers.

**Team:** 1<sup>st</sup> Wilmslow RC; 2<sup>nd</sup> Chester Triathlon Club; 3<sup>rd</sup> Macclesfield Harriers and AC.

NOTE: Download your free handicap scoring scheme from [runbritain.com](http://runbritain.com)

Please note this is **not** the handicap system used in Cheshire GP races which uses the system invented by George Bunner in 2004.

#### **FELL RUNNING**

The 2011 Cheshire Fell running championships will be held in the "Cloud" 9 mile Fell race, Congleton, organised by Congleton Harriers, on March 6<sup>th</sup>.

#### **CROSS COUNTRY**

2011

12 Feb	Manchester X-C League, Clayton Vale (nr Velodrome)
19 Feb	ECCA Cross Country Championships, Alton Towers
27 Feb	NW Sunday League, Walton Park, Liverpool
5 March	CAU Cross Country Championships, Birmingham
6 March	NW Sunday League, Birchwood Forest Park
19 March	English Schools' X-Country Championships, Nottingham

Please note that cross country leagues are usually restricted to members of clubs who have joined the league before the season started!

#### **Northern Athletics CC Championships, 29 January at Sunderland**

This meeting produced some excellent results for Cheshire athletes and teams..

U13 girls 1<sup>st</sup> - Harriet Knowles-Jones, Warrington. Team: 1<sup>st</sup> Warrington

U17 women 1<sup>st</sup> - Megan Huxley, Vale Royal. Team 2<sup>nd</sup> Vale Royal

U15 boys Team 2<sup>nd</sup> Warrington

U20 men Team 2<sup>nd</sup> Warrington

#### **FIXTURES – Track and Field**

2011

5 Feb	Indoor Vets Open
12-13 Feb	Aviva Trials & UK Indoor Champs., Sheffield
19 Feb	Manchester Indoor Open, Sportcity
26-27 Feb	EA U20 Open Championships, Birmingham
5-6 March	EA inc. NA U17 & 15 C Events Champs., Sheffield
6 March	Manchester Indoor Open, Sportcity
10 Apr	Trafford Open Medal Meeting
16 April	Liverpool Throws and Jumps, Wavertree
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 T&F Championships, Stretford
17 May	Trafford Grand Prix
30-31 May	Trafford Open Medal Meeting
4 June	Northern Track and Field League, Match 2
14 June	Trafford Grand Prix
18-19 June	NA Senior & U20 T&F Champs., Sportcity
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
9-10 July	Throws and Jumps Meeting, Copthall
12 July	Trafford Grand Prix
16-17 July	England Senior Championships ?????
19 July	Trafford Grand Prix
26 July	Trafford Grand Prix
29-31 July	Aviva World Trials and UK Championships Birmingham
30 July	NA Inter Counties T&F Championships, Leigh
2 August	Trafford Grand Prix
6-7 August	NA U17 and U15 Championships, venue tbc
9 August	Trafford Grand Prix
13-14 Aug	England CE Championships, Stoke
14 August	Northern Track and Field League, Match 4
16 Aug	Trafford Grand Prix
20-21 Aug	England U17 Championships ?????
23 Aug	Trafford Grand Prix
27-28 Aug	NW CE Championships, U17 – Masters, Sport City (including Cheshire Championships)
29 Aug	Trafford Open Medal Meeting

8 Sep Trafford Gand Prix  
17-18 Sep English Schools' CE and RW Championships, Exeter

**Cheshire Track & Field Relays – no date has yet been set as we are without a volunteer to act as the meeting secretary. Anyone willing to do so?**

### N A Indoor Championships – Cheshire athletes

U20 men L Clowes, C&N 100m 1<sup>st</sup>, 200m 1<sup>st</sup>; S Dykes Warrington 800m 2<sup>nd</sup>; J Gladman Warrington 60mH 1<sup>st</sup>; U17M J Gleave Warrington 800m 2<sup>nd</sup>; J Webster Warrington 60mH 2<sup>nd</sup>; U15B A Kirsopp Warrington L Jump 1<sup>st</sup>, 60mH 1<sup>st</sup>, 60m 2<sup>nd</sup>; N Clowes C&N Shot 1<sup>st</sup>; U20 Ladies L James C&N 300m 2<sup>nd</sup>; J Deakin Warrington T Jump 2<sup>nd</sup>; K Baker West Cheshire Shot 1<sup>st</sup>; U15 girls A Williams Sale L Jump 1<sup>st</sup>, 60m 2<sup>nd</sup>; E Smith Warrington 800m 2<sup>nd</sup>.

NOTE If any of the above results are incorrect, or if any have been omitted, apologies. However, I rarely receive information from coaches or club representatives and have to trawl through page after page of information from other sources. Equally, said coaches and club representative are quick to tell me when I get it wrong. As I am currently awaiting a cataract operation, this may occur one or twice. Hopefully all will be well in a couple of months.

The County is looking for a volunteer to take over issuing standards certificates and the 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.

### SPORTSHALL ATHLETICS

Dates and venues for the North West League are listed below. As last year, Clubs will compete in four of the five fixtures.

27.2.11	Regional Finals, Wigan (by selection)
13.3.11	League final at Widnes

**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

The first newsletter from the two networks has been issued and posted onto the Cheshire Athletics website. The newsletter details the history of the two groups and their objectives for the first year. Read about the success of the initial set of events staged by the groups. Currently eight Cheshire Clubs are involved.. If you wish your club to be involved please contact the Network Co-ordinator, Vicky Huyton ([Vicky.huyton@cwspartnership.org](mailto:Vicky.huyton@cwspartnership.org))

Chairperson Andy Garnett can be contacted by email on [andy.garnett@amec.com](mailto:andy.garnett@amec.com) or phone him on 01925 675420 during working hours.

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

### TRAINING

#### CHESTER & 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 please 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). 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	Wilmslow HS	£30

Children	8.2.11 / 6.30 – 9.30 pm	
The FUNdamentals of Balance	Mid Cheshire College 16.2.11 / 6:30 - 9:30 pm	£30
Emergency First Aid	Wilmslow HS 22.2.11 / 6.30 – 9.30 pm	£30
Safeguarding and Protecting Children	Winsford Lifestyle Centre 9.3.11 / 6.30 – 9.30 pm	£30
Safeguarding and Protecting Children	Nantwich Cricket Club 14.3.11 / 6.30 – 9.30 pm	£30
The FUNdamentals of Agility	Poynton Leisure Centre 16.3.11 / 6:30 - 9:30 pm	£30
Safeguarding and Protecting Children 2 – Review and Reflect	Chester Uni., Padgate 29.3.11 / 6.30 – 9.30 pm	£30
FUNdamentals of Coordination	Weaverham Community Centre 20.5.11 / 6.30 – 9.30 pm	£30

To book please log into your account at [www.coachingcw.org](http://www.coachingcw.org) and click on the book event tab, or call 01606 871812 for a phone booking (please have card details ready)

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

A project is being run in partnership between British Orienteering and GreaterSport to train up new Orienteering coaches and deliver a program throughout Greater Manchester. You would receive free training and potentially paid full or part time employment through the program, and for more information and who to contact please visit here: <http://www.coachingcw.org/news/article?id=2347>

### UK coaching courses (local to Cheshire)

The UKA Coaching structure has been changed significantly. EA North has circulated details to contacts in all clubs and details are available on the EA and UKA web sites. Reference is also made to the changes in Pace, Spring 2010 (produced by EA). 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.

RUN IN ENGLAND – Leadership in Running Fitness				
27.2.11	Sportcity, Manchester	NW	NC0162	£90
16.4.11	Cumberland Track, Crewe	NW	NC0216	£90
LEADER AWARD				
19.3.11	Sportcity, Manchester	NW	NC0171	£95
COACHING ASSISTANT				
26-27.2.11	Sportcity, Manchester	NW	NC0172	£130
12-13.3.11	Litherland Sportpark	NW	NC0215	£130
9-10.4.11	Leigh Sports Village	NW	NW207	£130
21-22.5.11	Cumberland Track, Crewe	NW	NW212	£130
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.				
29-30.1.11	Days 1 & 2, Robin Park, Wigan	NW	NC0215	£325
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
25.6.11	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		

**Lancashire sport** is holding a coaching conference with a day of in-built courses and workshops for NW coaches. More details and booking information can be found below: This will take place on Thursday 24 February 2011 from 9.30am and be a full day packed with workshops, speakers and a chance to hear the latest coaching news..

The event will include guest speaker Professor Dave Collins who is Professor of Coaching and Performance at Uclan (ex-Performance Director at England Athletics). You will have the chance to attend two of the following workshop taster sessions:

Coaching the Whole Child / Equity in Your Coaching / FUNdamentals of Agility. The workshops will be tutored by some of the most experienced and recognised tutors and coaches in their field. To book your place now and gain your first choice of workshops then please visit [www.lancashiresport.org.uk/lancashire-coaching-conference](http://www.lancashiresport.org.uk/lancashire-coaching-conference)

Cost for the event is £70 which includes lunch and refreshments throughout the day. If you have any dietary or access requirements please advise on booking. Places are limited, so book now to avoid disappointment. If you have any questions about this conference contact Jayne Lee on 01254 584011.

#### 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](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).

**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](http://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 to 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](mailto:jfylan@uk.org.uk)

A brief note to explain the new Vetting and Barring Scheme which is in addition to CRB can be viewed on the County website.

#### Officials' Courses - 2011

Level 2 Course 10.00-noon Generic/1.00-3.00pm Discipline/£15 pp		
20.02.11	Wavertree	NO 075/TJ - Track Judge
20.02.11	Wavertree	NO 075/FD - Field Judge
20.02.11	Wavertree	NO 075TK - Timekeeper
Level 2 Course 10.00-noon Generic/1.00-3.00pm Discipline/£15 pp		
5.3.11	Sportcity	NO 078TJ
5.3.11	Sportcity	NO 078FD
5.3.11	Sportcity	NO 075TK
5.3.11	Sportcity	NO 078 SM
Level 2 Course 10.00-noon Generic/1.00-3.00pm Discipline/£15 pp		
26.3.11	Macclesfield	NO 077TJ
26.3.11	Macclesfield	NO 077FD
26.3.11	Macclesfield	NO 077TK

H&S March/April 2011 Wavertree - TBC
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Also 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 [tinaberresford@englandathletics.org](mailto:tinaberresford@englandathletics.org). Telephone 079684 98704

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

#### 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)