

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

January 2011

The AGM of the Cheshire County AA is to be held on Wednesday, 16th 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.

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.

FIXTURES - Road and MT

2011

23 Jan	4 Villages half-marathon, Helsby (GP1) RACE FULL
6 Feb	Alsager 5
27 Feb	High Legh 10K
20 Mar	Northern Athletics 12 and 6 stage Road Relays, Catterick
27 Mar	Wilmslow Half Marathon (+ England Champs) (GP2) RACE FULL
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 (GP3)
24 April	Runcom Bridge 5 mile (GP4)
1 May	South Cheshire Harriers 20 mile, Crewe
6 May	Christleton 5K (7.30pm)
15 May	Shell Chester half-marathon
4 June	Hollins Green 5K
23 Jun	Warrington RR Woolston Park 10K
25 Jun	Lymm 5K (GP5 – men only)
6 Jul	Forest Park Ladies 5K (GP5 – women only)
16 July	Burtonwood 5 mile
?? Aug	Pie & Peas 5 mile MT, nr Winsford (GP6)
21 Aug	Birchwood 10K (Spectrum Striders)
18 Sep	English half-marathon, Warrington
18 Sep	Sutton 6 10K, nr Chester (GP7)
25 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.

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 6th. It was not possible to organise a 2010 championship.

CROSS COUNTRY

2011

16 Jan	NW Sunday League, Runcorn Town Park
29 Jan	Northern Cross Country Championships, Sunderland
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!

Cheshire Cross Country Championships – the weather stayed kind to us and although it was cold with a chilly wind, the sun shone and the rain stayed away. Thanks to all the officials and helpers who made the day a success, with special thanks to Spectrum Striders for all their hard work in organising the event.

RESULTS -

Senior Men: D Cliffe, Warrington AC; T Carter AC, Vale Royal AC; C Penney, Vale Royal AC; Team: Senior Men – Wilmslow RC, Vale Royal AC, City of Chester Triathlon Club; Vet. Men – Wilmslow RC, Wilmslow RC, West Cheshire AC.

Senior Ladies: O Walwyn, Altrincham and District; K Hawitt, Warrington AC; G Connolly, St Helens Sutton; Team: Senior Ladies – South Cheshire Harriers, City of Chester Tri, Warrington; Vet Ladies – Macclesfield Harriers & AC, Helsby RC, Wilmslow.

U20 Men: A Clews, Vale Royal; T Jervis, Warrington; T Haynes, South Cheshire. Team: Vale Royal AC.

U20 Ladies: A Talbot, Warrington; R Jefferson, Warrington; K Stringer, Vale Royal. Team: Warrington, Vale Royal.

U17 Boys: H Valentine, South Cheshire; Z Bamber, Vale Royal; L Renton, Warrington. Team: Warrington, Vale Royal, Vale Royal.

U17 Girls: M Huxley, Vale Royal, D Wallis, Macclesfield; T McCormick, Vale Royal. Team: Vale Royal, Vale Royal.

U15 Boys: M Hulse, Warrington, L Burthem, Warrington, S Whitehead, Vale Royal. Team: Warrington, Vale Royal, Crewe and Nantwich.

U15 Girls: J Parsons, Vale Royal, K Gerrard, Vale Royal, J Eyre, South Cheshire; Team: Vale Royal, Warrington, Vale Royal.

U12 Boys: D Evans, Warrington; W Parsons, Vale Royal; R Dykes, Warrington. Team: Warrington, Vale Royal, Crewe.

U13 Girls: H Knowles-Jones, Warrington; G Aston-Massey, Halton & Frodsham H and AC; A Hinchley, West Cheshire. Team: Warrington, Halton and Frodsham, Warrington.

U11 Boys: J Evans, Warrington; C Larkin, Halton and Frodsham; J Hinchly, West Cheshire. Team: Warrington, West Cheshire, Vale Royal.

U11 Girls: E Twite, Sale Harriers; F Brint, Sale; L Goddard, Warrington. Team: Warrington, Macclesfield, Crewe and Nantwich.

FIXTURES – Track and Field

2011

8-9 Jan	EA inc. NA Sen & U20 E Events Champis., Sheffield
15-16 Jan	NA Indoor Championships, Sheffield
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
16 April	Liverpool Throws and Jumps, Wavertree
7 May	Northern Track and Field League, Match 1
8 May	YAL, Round 1
14-15 May	Cheshire T&F Championships, Stretford
4 June	Northern Track and Field League, Match 2
18-19 June	NA Senior & U20 T&F Champs., Sportcity
3 July	Northern Track and Field League, Match 3
16-17 July	English Senior Championships ?????
29-31 July	Aviva World Trials, Birmingham
30 July	NA Inter Counties T&F Championships, Leigh
6-7 August	NA U17 and U15 Championships, venue tbc
13-14 Aug	England CE Championships, Stoke
14 August	Northern Track and Field League, Match 4
20-21 Aug	England U17 Championships ?????
27-28 Aug	NW CE Championships, U17 – Masters, Sport City (including Cheshire Championships)

17-18 Sep English Schools' CE and RW Championships, Exeter

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.

16 Jan	12.30pm at Crewe
23 Jan	U11s FIA Sportcity (by selection)
27 Feb	Regional Finals, Wigan (by selection)
6 March	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)

Vicky attended the last Cheshire AA meeting and is keen to expand the interest in the Cheshire Network to all clubs in Cheshire. She is keen to identify what clubs require as there is the opportunity to include extra items in the second year of the programme.

Chairperson Andy Garnett can be contacted by email on 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. 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. Please call 01606 871812 for further information and support. All courses begin at 6.60pm and last for 3 hours. Cost is £30. Contact: 01606 871812 or coachingcw.org

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/

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. <u>Cost includes all modules and assessment.</u> 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)				
13-14.11.10	Days 1 and 2, Robin Park, Wigan			£200
8.1.11	Day 3, Robin Park, Wigan			
9.4.11	Assessment Day			

Cheshire Officials – Alan Morris prepared a report for the November meeting – this can be viewed in full on the Cheshire website. He has also issued a Cheshire Officials' newsletter. The gist of the report details the final stage of realignment for all officials which will begin to come into place in 2011.

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 - Brian Warren, the County Secretary has received a post card from the Independent Safeguarding Authority which refers to changes to the Criminal Records Procedure which they want to be brought to your attention. Please go to the following web site to read it fully: 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

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		

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 tinaberesford@englandathletics.org. Telephone 079684 98704

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

The next County Committee Meeting will be held on Wednesday 15 December at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative or representatives.

INFORMATION for the NEWSLETTER :

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

jamesandellenmolloy@btopenworld.com