

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

June 2011

FIXTURES - Road and MT

2011

- 4 June Peter Lowe Memorial Hollins Green 5K
19 June Bluemantle 5K Race, Horwich – **incorporating Northern 5K RR Championships (entries close on 4 June)**
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**)
14 July Wizard 5
16 July Burtonwood 5 mile
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)
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**
5 November Langley 7 mile, near Macclesfield
19 November Northern 10mile R R Championships, Brampton-Carlisle
11 December Tatton Yule Yomp
27 December Northern 10K R R Championships, Ribble Valley, Clitheroe
We would appreciate dates for other events proposed to be held in Cheshire.

Please note that the Antrobus Cabbage Canter 10K (usually in September or October) will not be held this year.

Inter-Counties Road Race Championship (Llandudno 10 mile, 22 May)

Congratulations to the Cheshire teams on gaining individual and team medals in the first Inter-county road race championship for a number of years.

Cheshire Ladies: , Olivia Walwyn 2nd; Tracy Entwistle Warrington RR 7th, Diane Mitson S Cheshire Harriers 8th, gave the team silver medals to add to the individual silver for Olivia . Men: Damian Nicholls Wilmslow RC 3rd, James Noakes Macclesfield 8th, Tom Bush Altrincham 9th, C Prior Chester Tri 13th produced bronze team medals to add to Damian's individual bronze.

NORTHERN ATHLETICS ROAD RELAYS, 24 SEPTEMBER at Birchwood Business Park, near Warrington.

A request for help – 2nd time!!

Following the success of last years experiment of combining the senior 6 (men) and 4(ladies) stage relays with the Young Athletes relays for U13, U15 and U17s on the same day at the same venue, the combined event moves this year to Birchwood.

On behalf of Northern Athletics a request is made for help to marshal the course by members of local athletic clubs to support Spectrum Striders who have offered to host the event at Birchwood. Would clubs please contact John Driscoll in the first instance with offers of help. jld@sunnyfield.co.uk
Thank you.

FELL RUNNING

Congratulations to Cheshire athletes Olivia Walwyn and Tom Bush who competed in the Inter-Counties Fell Race held on 28 May at Broughton, Scotland. Olivia was first lady home in 45th position overall so adding to her collection of inter-county medals, with Tom finishing in 36th place. Olivia and Tom are due to be married later this year in July.

CROSS COUNTRY

2011

1 October NA Cross-Country Relays, Sheffield – all age groups

2012

7 January Cheshire Cross Country Championships, Winsford

Life Members award for Pat & Jimmy Green from ECCA

Congratulations to Pat & Jimmy Green who have had their dedication to the sport recognised by the honour of being made Life Members of the ECCA at

the Annual Meeting on 7th May 2011. In the citation ECCA Chairman John Temperton said 'they have set a standard and commitment that few exceed for more years than they probably care to remember, being available to do any job, no matter at what level but also ensuring the succession through the recruitment, encouragement and mentoring of endurance officials and team managers.'

TRACK and FIELD

FIXTURES

2011

- 4 June Northern Track and Field League, Match 2
4 June EA (inc. NA) Sen & U20 C Events Championships, Bedford
5 June YAL Round 3
12 June NW T&F Championships
14 June Trafford Grand Prix
18-19 June NA Senior & U20 T&F Championships, Sportcity
19 June YAL Round 4
25 June Dash Quadrathlon, Sport City U9 – U15
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**
Entry Forms are on Cheshire AA web site
9-10 July Throws and Jumps Meeting, Copthall
12 July Trafford Grand Prix including NA 3K U20 Championships
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 (to be run on a Super 8 format)
31 July Cheshire League Round 3
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 ?????
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
6 Sept Trafford Grand Prix
11 Sept Cheshire CE Championships, Macclesfield – U13/U15
17-18 Sept English Schools' CE and RW Championships, Exeter

County T&F Championships -

The first Cheshire County and Greater Manchester Athletics Championships were held at Longford Park, Trafford over a cold and wet weekend on 14 and 15 May. A full results report can be found on the County web site.

The "Bertha Crowther" best performance awards were not announced at the championships, but are :

Male track : Liam Clowes (Crewe & Nantwich) 200m

Male field : Will Lowndes (Liverpool H) Shot Put

Female track : Danielle Wallis (Macclesfield H&AC) 1500m S/c

Female field : Kelly Baker (West Cheshire) Shot Put.

Inter-County Senior Track & Field Championships at Bedford.

A gold, silver and bronze medal were won by Cheshire athletes in this annual senior Inter-county event at Bedford. Tim Egerton (Trafford) won the mile race and was second in the 5000 metres on the same day. Emily Brown won a bronze medal in the women's 3000m steeplechase. Liam Clowes made the final of the 200m and Cathal O'Connor the final of the 800m. Darren Scott achieved the semi-finals of the 100m. These performances gave Cheshire men third place in the Middlesex/Surrey Trophy.

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: panmaallen@googlemail.com.

Northern Athletics have proposed changes to the format of the **Inter-County** match which will be held at Leigh Sports Village on 30 July. The meeting will be limited to events for the U15 and U17 age groups only. Cheshire have had an offer from Debbie Baker and Brian Stoakley to act as team managers for this event. They will provide details at the Cheshire Track & Field championships.

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.

On 2 April a fell running development day at Teggs Nose Country Park was attended by over thirty runners from across the County. Eight clubs were represented and athletes enjoyed theory and practical sessions delivered by Tony Hulme and Nick Harris. Following a challenging 90 minute run participants headed back to Macclesfield Harriers' Club for a hot lunch.

Also on 2 April, Welsh long jumper Matt Hulyer delivered a long jump masterclass focussing conditioning and accident prevention at Macclesfield track. Matt concentrated on exercises for foot, ankle and knee stability, recommending that all athletes should do them on a regular basis.

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 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 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	Wilmslow High School 7.7.11 / 6.30-9.30pm	£30
Emergency First Aid	Winsford Lifestyle Centre 4.10.11 / 6.30 – 9.30pm	£30
Equity in your Coaching	UO Chester, Padgate Campus 16.6.11 / 6.30 – 9.30pm	£30
Leadership in Running Fitness	Weaverham Community Centre	£45

11.6.11 / 9.00am – 5.00 pm

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				
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				
9-10.7.11	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.				
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)				

Contact Sarah Friday - sfriday@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.

The next **Cheshire AA committee** meeting will be held at Moss Farm, Northwich on Monday, 6th June, 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