

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

March 2011

### **CHESHIRE COUNTY AA**

At the AGM on 16<sup>th</sup> February, the County Secretary, Brian Warren retired after 19 years in post since the present County AA was formed in 1992. We thank Brian for his long and valuable service to the County and wish him a happy retirement.

There were no offers at the AGM to take on the secretarial role. However, a few days later Adrian Thiemicke offered his services.

The AGM, which was poorly attended by representatives of Cheshire clubs, spent some time discussing the future. The role of the County AA to-day is essentially to organise county championships and provide Cheshire athletes with higher level competition through teams and individuals in Inter-County events. Please note that the Cheshire AA covers the County of Cheshire established in 1974. Today, that is the 4 unitary authorities of Cheshire East, Cheshire West and Chester, Halton, Warrington.

It was proposed that the County AA would meet less frequently than previously (possibly quarterly) and arrange joint meetings with the Cheshire Network. It would still require offers of help from individuals or groups to organise its various championships.

**The first Cheshire AA committee meeting as a precursor to the Cheshire Network meeting will be on MONDAY 21<sup>st</sup> MARCH at 6pm at Moss Farm, Northwich. The Network meeting will follow the Cheshire AA meeting.**

**Chairman** : Mike Cutler (South Cheshire Harriers)

**Vice Chairman** : vacant

**Hon Secretary** : Adrian Thiemicke (City of Stoke)  
e-mail : honsecretary@cheshireaa.com

**Treasurer** : Bill Smith (Halton & Frodsham)

**Technical Officials Secreatry** (COffSec) : Alan Morris

**Coaching Advisor** : Eddie Gore

**Road/Multi-Terrain County Licence Officer** : Adrian Thiemicke

Each Cheshire club is invited to have one person at committee meetings.

### **Championship "Secretaries" 2011 :**

**Track & Field** : joint with Greater Manchester (Bill Smith – Cheshire co-ordinator)

**Track Relays** : Ellen Molloy

**Combined Events** (Sen/U17): Ashley Pritchard

**Road Relays** : 2011 Merseyside; (2012 Cheshire)

**Cross Country** (2012) : no offers

**Fell Running** (2012): Tony Hulme

**Cheshire Road Running GP Co-ordinator** : Adrian Thiemicke

### **FIXTURES - Road and MT**

**2011**

6 Mar	Farnon 10K (PLEASE NOTE THAT THIS RACE HAS HAD TO BE CANCELLED )
(20 Mar	Northern Athletics 12 and 6 stage Road Relays, Catterick)
(27 Mar	NA 10 mile Road Running Championships, Thirsk)
27 Mar	Wilmslow Half Marathon (+ England Champs) (GP2) THIS RACE IS 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)
(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)
15 May	Shell Chester half-marathon (filling up fast)
(22 May	10 mile Inter-Counties, Llandudno – Cheshire will participate)
4 June	Hollins Green 5K
23 Jun	Warrington RR Woolston Park 10K
25 Jun	Lymm 5K (GP5 – men only) NOTE this is an open race for men and ladies

6 Jul	Forest Park Ladies 5K (GP5 – women only)
16 July	Burtonwood 5 mile
3 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)
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.

### **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**

5 March CAU Cross Country Championships, Birmingham

6 March NW Sunday League, Birchwood Forest Park

19 March English Schools' X-Country Championships, Nottingham

The **National Cross Country Championships** at Alton Towers suffered a hiccup part way through when the course had to be slightly altered to avoid the almost liquid mud. Harriet Knowles-Jones (Warrington Ac) was third in the U13 girls' race, with Megan Huxley of Vale Royal, U17 girls, finished just out the medals in fourth place in the U17 girls' event but led her team to silver medals. Stevie Stockton (Vale Royal) was 6<sup>th</sup> in the Senior ladies race, following 2<sup>nd</sup> in the BUCS championships for Loughborough University a couple of weeks earlier repeating her position from 2010. Warrington U13 girls team were just outside the medals in 4<sup>th</sup> position. An event which will be remembered for its mud!

Best wishes to our county teams at Cofton Park on 6<sup>th</sup> March.

### **TRACK and FIELD**

#### **FIXTURES**

**2011**

5-6 March	EA inc. NA U17 & 15 C Events Champs., Sheffield
6 March	Manchester Indoor Open, Sportcity
10 April	Trafford Open Medal 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 and Greater Manchester T&F Championships, Stretford
17 May	Trafford Grand Prix
22 May	YAL Round 2
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
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
9-10 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

31 July	Cheshire League Round 3
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
Cheshire League Round 4	
8 Sep	Trafford Grand Prix
17-18 Sep	English Schools' CE and RW Championships, Exeter

**Cheshire Track Relays** : Ellen Molloy has offered to take the entries for this event which will be hosted by West Cheshire AC at the Stanney Oaks Athletics track, Ellesmere Port. The proposed date is Saturday 9<sup>th</sup> July.

**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.

#### 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 is a member of West Cheshire AC and can be contacted by e-mail : [cathmcgrath@btinternet.com](mailto:cathmcgrath@btinternet.com)

#### Sportshall Athletics

Three out of the four Cheshire teams – U13 girls and boys and U15 girls - will go forward to the UK finals in Birmingham, after finishing first in their age groups. The U15 boys' team finished in fourth place despite being short of athletes.

**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

Currently eight Cheshire Clubs are involved.. If you wish your club to be involved please contact Co-ordinator, Vicky Huyton ([Vicky.huyton@cwspartnership.org](mailto:Vicky.huyton@cwspartnership.org)) 07738402931. Newsletters can be viewed on the website.

The third in the series of Coach and Athlete Development days is being held at the Cumberland Track at Crewe on 20 March. The morning session from 10.00am to 12.30 will, as usual, focus on event development (sprints, hammer, discus, polevault, endurance). The afternoon sessions will take place at the MMU Crewe campus with a choice between pilates or conditioning, and nutrition or biomechanics. The day will finish at 3.15pm. For more information please contact Vicky Huyton (see above).

Katarina Thompson, Christian Malcolm and Lisa Daley all showed their support at the Athletics 365 launch which was held in Warrington on 9 February. Scott Grace the programme's inventor delivered a two-hour workshop and the athletes got involved with some of the task cards and even had their abilities marked! All coaches attending the event received an Athletics 365 manual with four lucky clubs winning a 365 equipment pack. For more information visit the Cheshire and Merseyside Athletics Network page.

For a short time only free places are available on officials courses, only from the Network.

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 AND WARRINGTON SPORTS LPARTNERSHIP 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 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
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	Winsford Lifestyle Centre 24.5.11 / 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 4.10.11 / 6.30 – 9.30pm	£30
Equity in your Coaching	Halliwel Jones Stadium 24.3.11 / 6.00 9.00pm	£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)

#### 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				
12-13.3.11	Litherland Sportpark	NW	NC0215	£130
9-10.4.11	Leigh Sports Village	NW	NW0207	£130
16-17.4.11	Sportcity, Mancheswter	NW	NC0226	£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)				
8.1.11	Day 3, Robin Park, Wigan			
9.4.11	Assessment Day			

#### 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)

#### Urgent

England Athletics NW Combined Events Coach and Athlete Day – two dates remaining. Check England Athletics website.

13 March and 10 April / Sport City 10.00am – 3.00pm

Contact Sarah Friday - [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) M07912070640

Or Claire Buckle - [cbuckle@englandathletics.org](mailto: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](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		
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
23.3.11	H&S Course at Wavertree 7-9.90 pm Cost £10	NO0075HS
	Macclesfield	NO 077TK

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 [officials-north@englandathletics.org](mailto:officials-north@englandathletics.org). Telephone 07920 532552.

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