

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

May 2011

FIXTURES - Road and MT

2011

6 May	Christleton 5K (7.30pm)
12 May	Mobberley Round the Runway Race
15 May	Shell Chester half-marathon (FULL)
21 May	Alderley Edge 5K
(22 May	10 mile Inter-Counties, Llandudno – (<u>Cheshire will participate</u>)
4 June	Peter Lowe Memorial Hollins Green 5K
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 Aug	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
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 .

Cheshire County RR Grand Prix Standings (after round 4)

With two GP races in April, four of the 7 events in the GP are now complete. Both the Air Products 10K at Crewe on 10th April and the Run Halton Bridge 5 mile race on Easter Sunday saw significant turnouts from Cheshire clubs.

After 4 events, South Cheshire men have a slim lead in the Men's Team competition with 2105 points from Wilmslow with 2091 and Macclesfield with 1702. In the female team competition, Wilmslow lead with 832 points from Macclesfield on 626 and South Cheshire with 545.

In the individual competition, James Noakes (Macclesfield) leads with 386 points from Peter Mallison (South Cheshire) with 369 and Ricahrd Baker (South Cheshire) on 355. In the ladies competition Christine Geraghty (Wilmslow) leads with 208 points, from club mate Jannine ellis on 197 and Kristy Readman (Macclesfield) with 174.

In the mixed handicap competition Carolyn Hiron (Wilmslow) leads narrowly from Peter Mallison and James Noakes.

Round 5 is split between two races with the men using the Lymm 5K on 25th June and the ladies the Birchwood Forest Park Ladies 5K on 6 July for their 5th race in the GP series.

Full results of each race are on the Cheshire AA web site

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

A request for help

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. jd@sunnyfield.co.uk
Thank you.

FELL RUNNING

28 May Inter-county Fell-Running Championships, Broughton Village Hall, Scotland

CROSS COUNTRY

2011

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

2012

7 January Cheshire Cross Country Championships, Winsford

TRACK and FIELD

FIXTURES

2011

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 & Greater Manchester T&F Championships , Stretford
17 May	Trafford Grand Prix
22 May	YAL Round 2
28-29 May	CAU T&F Championships, Bedford
30-31 May	Trafford Open Medal Meeting
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
14 June	Trafford Grand Prix
18-19 June	NA Senior & U20 T&F Champs., Sportcity
19 June	YAL Round 4
25 June	Dash Quadathlon, 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
9-10 July	Throws and Jumps Meeting, Copthall
12 July	Trafford Grand Prix
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, venue tbc
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 Sep	Trafford Grand Prix
11 Sept	Cheshire CE Championships, Macclesfield – U13/U15
17-18 Sept	English Schools' CE and RW Championships, Exeter

Cheshire Track Relays : entry forms and details will be distributed shortly.

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.

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	UO Chester, Padgate Campus 5.5.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children 2 : Reflection on Practice	Winsford Lifestyle Centre 24.5.11 / 6.30 – 9.30pm	£30
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	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	UO Chester, Padgate Campus 16.6.11 / 6.30 – 9.30pm	£30
FUNdamentals of Coordination	Weaverham Community Centre 20.5.11 / 6.30 – 9.30 pm	£30
Leadership in Running Fitness	Weaverham Community Centre 11.6.11 / 9.00am – 5.00 pm	£45

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				
21-22.5.11	Cumberland Track, Crewe	NW	NW0212	£130
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.

INFORMATION for the NEWSLETTER :

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

jamesandellenmolloy@btopenworld.com