

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

April 2012

IMPORTANT – new Sport Cheshire Office from 26.3.12

Sport Cheshire, Unit 2, The Royal Mews, Gadbrook Park, Northwich, CW9 7UD.

The next **Cheshire County AA committee meeting** will be held at this venue on: Monday, 21st May commencing at 6pm.

England Athletics are inviting all clubs to host a **Try Athletics Day** in between 16-20 April. For more information including help available from England Athletics, check out their website.

Congratulations to Andy Carter and Shaun McGrath of Vale Royal AC on being the first recipients of a new award introduced by Athletics Weekly each month of **The RonHill Club Ambassador** for their development of endurance running in the mid-Cheshire area.

FIXTURES – Road and MT

- 04 Apr Chester Spring 5 mile – CCRR Grand Prix 2**
08 Apr Air Products 10K & 5K family fun run (South Cheshire Harriers)
08 Apr Run the Bridge 5 mile, Halton
14 Apr ERRR National Mens' 12 stage and Womens' 6 stage road relays, Sutton Park, Birmingham
- 15 Apr Whitley 10K – CCRR Grand Prix 3**
15 Apr Lymm.com 10K (MT) and fun run, Lymm High School
29 Apr South Cheshire Harriers 20 mile, Shavington
13 May 'Cheshire Oaks' Chester half-marathon
18 May Christleton 5K (new organisers – Chester Tri club)
- 02 Jun Hollins Green 5K – CCRR Grand Prix 4 (Spectrum S)**
22 Jun Tattenhall Tough Team Race
23 Jun Lymm 5K (Spectrum Striders)
04 Jul Forest Park 5K – Ladies only (Spectrum Striders)
21 Jul Burtonwood 5 mile
- 29 Jul Great Warford 10 mile – CCRR Grand Prix 5**
01 Aug Pie & Peas 5 mile MT, Moulton (Vale Royal AC)
- 19 Aug Birchwood 10K – CCRR Grand Prix 6 (Spectrum S)**
22 Aug Capenhurst 5K
09 Sep English half marathon, Warrington
15 Sep NW Counties Road Relays (includes **Cheshire Championship**)
22 Sep Northern Athletics senior 6 and 4 stage and YA road relays, Leigh Sports Village
- 30 Sep Macclesfield half marathon – CCRR Grand Prix 7**
07 Oct MBNA Chester Marathon
03 Nov Langley 7 (2.00pm) (Macclesfield H)

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

The first **Cheshire RR GP** event of 2012 was held on with the Wilmslow half-marathon and produced a very close team competition. Individually for Cheshire there were fine performances from Tim Pattison of Macclesfield with a time of 1:09:36, the first time we have had a Cheshire male club runner inside 70 minutes for several years, and from Kelly Crickmore of Chester Tri with a time of 1:18:32. The next 2 GP races follow in the next couple of weeks.

Results from Cheshire teams at the **Northern Mens' 12-stage and Womens' 6-stage relays** held at Sefton Park, Liverpool on Saturday 31 March were as follows.

Ladies: Vale Royal – 27th.

Men: Vale Royal – 43rd.

Both Adrian Thiemicke and John Driscoll, who were two of the Chief Officials at the event, are disappointed that more Cheshire Clubs did not enter this important inter-club team event, particularly when it was held close to Cheshire.

NOTE:

From 1 April all off-track events will be required to have an Event Adjudicator. To find out how you can help now, and for more detailed information, please visit www.englandathletics.org/eventadjudicator or write/ telephone to – England Athletics, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2BE – Tel: 0121 347 6543.

INFORMATION for the NEWSLETTER: PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy): jamesandellenmolloy@bopenworld.com

FELL RUNNING

19 May CAU Championships, Shining Tor, Buxton

Cloud 9 Hill Race – Cheshire Results:

1st lady Olivia Walwyn Bush (Altrincham), 2nd lady Sandra Lewis (Altrincham), 3rd lady Dianne McVey (Wilmslow):

1st male Rob Grantham (EPRC), 2 male Julian Goodwin (Boalloy), 3rd male Tom Bush (Altrincham):

CROSS COUNTRY

10 March CAU cross country championships, Cofton Park

A successful day for Cheshire teams with bronze medals in the Under 15 Girls event although they had the same points total as Surrey in second place (position of last counter resolves the tie). The scoring team was Jess Parsons (13th), Kate Gerrard (15th), Harriet Knowles-Jones (17th) and E. Smith (66th). In the Under 15 Boys event, Elliott Bowker was 4th individual and the team were also 4th. Both the Senior Womens and U20 Mens teams were 9th and Senior men 10th team.

Our thanks to the team managers for getting the teams together

17 March ESAA cross country championships, Taunton

The boys side Of Cheshire Schools gained success in winning the Group B title on aggregate points over the 3 age groups. The senior and junior teams were 14th, while the Inter Boys were 6th team with Elliott Bowker 14th individual. On the girls side, the inter girls team was 12th with Jess Parsons 12th and Kate Gerrard 13th.

Initial CC League dates for 2012/13 are:

Manchester & District League;

- Sat 20 Oct Heaton Park, north Manchester
Sat 10 Nov Sherdley Park, St Helens
Sat 01 Dec Wythenshawe Park, south Manchester
Sun 13 Jan Boggart Hole Clough, north Manchester
Sun 10 Feb Woodbank Park, Stockport

North Staffs League: Dates only so far: 29 Sep, 27 Oct, 17 Nov, 15 Dec – all Saturdays.

In both cases clubs need to affiliate to the leagues to participate.

TRACK and FIELD FIXTURES

2012

- 05 May Northern League Match 1
06 May YAL Match 1
12-13 May Cheshire and Greater Manchester T&F Championships, Warrington
20 May YAL Round 2
26-27 May EA / NA Senior & U20 CE championships, Bedford
02-04 Jun EA / NA Senior T&F championships, location tbc
16 Jun County championships – Schools
16-17 Jun Aviva World Trials, U20 & U23 championships, Bedford
17 Jun YAL Match 3
22-24 Jun Olympic Trials and UK championships, location tbc
30 Jun **Northern Athletics Inter-County at Wigan – Cheshire will be participating**
01 Jul Northern League Match 3
06-07 Jul English Schools' championships, Gateshead
14-15 Jul NA U20/U17/U15 T&F championships, Costello Stadium, Hull
21 Jul Cheshire Relay Championships, Crewe
03-12 Aug Olympic Games (athletics), London
04-05 Aug EA / NA U17 & U15 /CE, location tbc
05 Aug Northern League Match 4
18-19 Aug EA U17 & U15 championships, Bedford
25-26 Aug CAU Senior championships, Bedford
09 Sep Cheshire Junior CE Championships, Macclesfield

Congratulations to James McMahon (U15B) and Olivia Montez-Brown, both of West Cheshire who were 5th and 4th respectively, in the England Athletics Indoor Combined Championships held at Sheffield on 3-4 March.

SPORTSHALL ATHLETICS

The UK finals will take place at Birmingham on 21 April and we wish our three Cheshire teams good luck for the day – u13 girls, u15 girls and u15 boys.

The NW Sportshall League AGM will be at Frodsham Community Centre on 4 July commencing at 7.30pm.

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.

Marian Allen is the person to contact for information and help about UKA Standards. She can be reached on panmaallen@googlemail.com

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. Please also contact Vicky to book on any of the courses listed below. 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 NETWORK EVENTS

To mark 100 days to go to the Games, Clubs are being invited to hold a "Try Athletics Day" at their Club. This can be done in conjunction with the Network and can be in any format the Club wishes. These 'days' should be held in between 16-20 April and more information on how to register and take part can be found on the England Athletics website (see also beginning of newsletter).

On 23 August Clubs are invited to host a 'Community Athletics Day' which celebrates the hard work that Clubs, Coaches and Volunteers put into the sport. This is more of a fun day than the 'Come and Try Day' and could take the format of a Family Fun Day with a barbeque and games.

Are You Ready?

1. England Athletics 2012 Club and Network Conferences

As we enter one of the most exciting periods in the history of our sport, England Athletics are organising a nationwide series of FREE conferences for club and network volunteers.

Ensure your club is ready to benefit from the London 2012 Olympic and Paralympic Games and provide a lasting legacy to the sport.

There will be three conferences taking place:

28 April 2012 – Midlands: Solihull College, West Midlands B91 1SB
19 May 2012 – North: Leeds Metropolitan University, Headingley LS6 3QS
26 May 2012 – South: Leatherhead Leisure Centre KT22 9BL

Find out more

You can find out more about each of the conferences, e.g. workshops being held, speakers and timetable via this link:

www.englandathletics.org/clubconference and if you have any further questions, get in touch by email at events@englandathletics.org.

Online booking:

Bookings are at www.englandathletics.org/club-booking-north

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

TRAINING

CHESHIRE 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.

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Course Title	Venue and Date	Cost
Safeguarding and Protecting Children	The Business School, Warrington 6.3.12 / 6.30-9.30pm	£30

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)

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.

LEADERSHIP IN RUNNING FITNESS		
28 July	Eastlands	
9 September	Eastlands	
6 October	Macclesfield	
LEADER AWARD		
10 June	Eastlands	
8 September	Eastlands	
COACHING ASSISTANT		
19-20 May	Kirkby Sports College	
LEADERSHIP IN RUNNING FITNESS		
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.		
16-17 June	Eastlands	Days 1 and 2 of 3
28 July	Eastlands	Day 3 of 3
CHILDREN'S COACH AWARD		

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. Address: Eastlands, Gate 13, Rowsley Street, Manchester M11 3FF. 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.

Dave Copsey of Vale Royal AC has taken over as Cheshire County AA Coaching Co-ordinator. Eddie. CRB application forms are available from Jane UK Welfare Co-ordinator. T: 0161 223 4246 or email at jfylan@uka.org.

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:

TRACK AND FIELD LEVEL 2			£15
22.4.2012	GM	Eastlands	NO0108TR Track Judges 10.00am NO0108TK Timekeeping 10.00am NO0108FD Field 10.00am NO0108SM Starter/Marksman 10.00am NO0108PF Photofinish 10am
ENDURANCE LEVEL 2			£20

Remember there is a Level 2 Officials course at Macclesfield on 28 April – contact Tina Beresford to book in.

The Cheshire Officials' Secretary is Alan Morris. He can be contacted at cheshireofficials@gmx.com.

Cheshire Area Events

Regional Events

Sarah Friday and **Claire Buckle** are the Club and Coach Support Officers for Cheshire and for Greater Manchester.

Contact Sarah – sfriday@englandathletics.org M07912070640 or Claire – cbuckle@englandathletics.org M07803671968.