

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

December 2012

Cheshire County AA would like to wish all athletes, coaches, officials and helpers a Merry Christmas and Happy New Year. Best wishes for 2013.

IMPORTANT – new Sport Cheshire Office from 26.3.12

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

Note: Changes to the CRB system came into force on 10 September. The system will now be known as the Disclosure and Barring Service. If you have any queries or require further information, please contact:

dbrown@ukathletics.org or kferguson@ukathletics.org.

Congratulations to **Derek Nicholson** from Middlewich who was elected as President of Northern Athletics at their Annual Open Meeting on November 11th. Derek has acted as timekeeper at many Cheshire Championship events and in recent years has become the person in the North in setting up and use of Photo-finish equipment.

NEW CLUBS

We are pleased to welcome two running clubs in Cheshire who have recently affiliated to England Athletics and are thereby automatically affiliated to Cheshire County AA :

and **Delamere Spartans**
Knutsford Tri Club

FIXTURES - Road and MT

9 December Tatton Yule Yomp 10K (Cheshire Hash House Harriers)
26 December Chester "Round the Walls" race
30 December Ribble Valley 10K (including NA Road-running Champs)
2013
20 January Four Villages Half Marathon
Cheshire Grand Prix Race 1 – RACE FULL
3 Feb Alsager 5
23 March NA 12 and 6 stage Road Relay Championships
24 March Wilmslow Half-Marathon
31 March Air Products 10K, Crewe – **Cheshire GP Race 2**
6 April ERRA National Men's 12 stage and Women's 6 stage RR
14 April Lymm 10K plus fun run
?? June Lymm 5K – **Cheshire GP Race 3**
?? July Burtonwood 5 mile – **Cheshire GP Race 4**
?? August Pie and Peas 5 mile – **Cheshire GP Race 5**
8 Sept English Half-marathon, Warrington
?? Sep Sutton Six 10K – **Cheshire GP Race 6**
?? October Congleton Half-Marathon – **Cheshire GP Race 7**

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

NOTE:

From 1 April all **off-track events** were 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.

England Athletics, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham. B42 2BE Tel: 0121 347 6543

FELL RUNNING

19 May CAU Fell-running championships, Settle

FIXTURES - CROSS COUNTRY

2012
1 December Wythenshawe Park, south Manchester, MAX-CL
15 December North Staffs League, venue tbc
2013
5 Jan **CHESHIRE CC CHAMPIONSHIPS**, Reaseheath
Entry form is on County website
13 January Boggart Hole Clough, north Manchester, MAX-CL
26 January NA X-C Championships, Knowsley
10 February Woodbank Park, Stockport, MAX-CL
23 February English X-C Championships, Sunderland
9 March CAU X-C Championships, Cofton Park, Birmingham

ECCA Relays, Mansfield – 3 November (top 20 teams)

U13 girls: 14th Warrington AC – M Boyer, L Goddard, L Ferris.

U15 girls: 5th Warrington AC – L Watterson, S McGrail, Harriet Knowles-Jones

Junior Women: 5th Vale Royal AC – T McCormick, K Moulds, A Pettitt.

Senior Women: 37th Vale Royal - K Stringer, K Howard, J Spencer
Stevie Stockton finished in 8th place. .

U13 Boys: 4th Warrington - L Gamble, D Fox, J Stubbings

U15 Boys: 14th Warrington - D Evans, L Sharman, R Dykes

Junior Men: 17th Vale Royal – M Vennard, B Zack, R Moore

McCain Cross Challenge, Sefton Park, Cheshire athletes (top 20 places only)

U17 Men: 13th E Bowker, Vale Royal

U17 Women: 17th K Gerrard, Vale Royal

U15 Girls: 1st H Knowles-Jones, Warrington; 9th A Hinchly, Vale Royal; 17th E Smith, Warrington

U13 Boys: 12th J Stubbings, Warrington

U11 Boys: 1st S Evans, Warrington; 3rd S Dean, West Cheshire

U11 Girls: 18th L Meloni, Warrington

S Ladies: 13th K Brough, Warrington

Northern Athletics Cross Country teams 2012/2013 – events that we plan to take teams to have been added to the Cross Country section. Any athletes or coaches wishing to express interest can now do so. We are keen to recruit further female team managers. Anyone interested please contact Steve Gaines or Arwel Williams.

In order to participate in the North Staffordshire and Manchester Area X-C League events, clubs need to affiliate to the individual leagues.

TRACK and FIELD FIXTURES

2012

8 December Northern Athletics Open Meeting, Sheffield

2013

5-6 January EA (inc. NA) , Sen. And U20 CE Championships, Sheffield

12-13 Jan. Northern Athletics Championships (all ages)

2-3 March EA/NA U17/U15 CE Championships, Sheffield

27 April NA Malta Match

28 April YDL (upper) Round 1

4 May YDL (lower) Round 1

5 May Northern League Round 1

25-26 May **Cheshire & Greater Manchester T&F County Champs., Trafford**

1 June YDL (lower) Round 2

2 June YDL (upper) Round 2

8 June County Schools

9 June Northern League Round 2

22 June YDL (lower) Round 3

22-23 June Senior and U20 T&F Championships, Eastlads

30 June YDL (upper) Round 3

5-6 July English Schools

7 July Northern League Round 3

13 July YDL (lower) Round 4

20 July NA Inter-Counties, Hull

28 July YDL (upper) Round 4

3 August Northern League Round 4

17-18 August NA U17 and U15 T&F Championships, location tbc

24-25 August CAU Inter-Counties Championships, Bedford

14 Sept. Northern League Promotion Match, Doncaster

Any athletes interested in being a part of the team for the Malta event 2013, should check the NA website for information.

SPORTSHALL FIXTURES

Participating clubs will compete in three out of the four fixtures (the same as last season)

9 December Round 3, Widnes

20 January Aviva U11s FIA Final Eastlands (by selection only)

27 January Round 4 – two matches – Crewe and Deeside

16 February Aviva U13&U15 north-west Regional Finals, Wigan (by selection only)

3 March League final U11, U13, U15 qualifying clubs, venue TBA

7 April UK U13 and U15 Final, LG arena, NEC, Birmingham

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.

“Pass the Baton”

The English Federation of Disabled Sport (EFDS) have announced a promotional campaign which began on 20 August. The aim is to encourage everyone to encourage participation at all levels. More information can be obtained from their website: www.efds.co.uk/support-us/pass-the-baton

The Cheshire and Merseyside Athletics Network

If you wish your club to be involved please contact Co-ordinator, Vicky Huyton (Vicky.huyton@cwsportspartnership.org) 07738402931. 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. The Network is in its' third and final year, and it would be useful if the County Association could work more closely with the Network during that time to determine how the Network's achievements could be continued in the future.

Details of the 'three-year plan' for both Merseyside and Cheshire can be found in the Cheshire Network July newsletter. The plan deals with both Road Running and with Track and Field. Included are details on Club Development, Coach and Official Mentoring and Development, Funding, Disability Athletics, focus on event group development within the clubs making up the network. Also included are plans for Young Athlete development, and plans to focus on the sustainability of the network from year 4 and beyond. The latest newsletter is now available on the CN website.

Local Coach Development Programme (LCDP) and Cheshire Network events Winter 2012/2013

Several workshops and events have been arranged to take place over the winter. Hopefully the coach development workshops will meet the needs of the coaches – from feedback received previously from clubs and coaches. Several sessions have been arranged in Cheshire. Places may be limited so please contact the person listed against the workshop.

'Developing the Child' masterclass booking is now open.
Run-Jump-Throw Day - 2 February 2013 – Crewe

Please contact Vicki Huyton for further information on the above courses.

NW Regional Events–

Javelin - 9 and 10 December 2012 – Leigh Sports Village
Disability Ambulant Sprints/Jumps – 9 February 2013 – Leigh Harriers
Wheelchair racing qualification for coaches at level 2 and above – no cost until May 2013.
High Jump – 17 March 2013 – Wavertree
Making activities Deaf Friendly – visit website of same name.
Road Running Seminar, 8 November, Eastlands, 7-9.00 pm, Eastlands
Combined Events – 8 December 2012 - Eastlands
Contact Sarah Friday or Claire Buckle for information on the above workshops.

Nominations are now open for the Barclays Community Sports Award – contact Sarah Friday for more information.

Sport Cheshire Rising Star Fund - aims to support up and coming talented athletes from Cheshire and Warrington, who are, or soon could be representing one of the Home Countries. Grants of up to £500 are available subject to criteria and agreement. For further details please contact Dora Smith 01606 814441 or on dora.smith@sportcheshire.org.

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.

How to Coach Disabled People in Sport	4.12.12	MMU Crewe, CW1 5DU
Emergency First Aid	4.12.12	Nantwich Cricket Club CW5 6HH

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				
LEADER AWARD				
15.12.12	Eastlands	£130	NC0378	EA subsidised cost: £95
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course				
16.3.12	Assessment day for the above course			
COACHING ASSISTANT				
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.				
15.12.12			Day 3 for NC0379 – Athletic Coach Award	
16.3.13			Assessment	
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award				
16.3.12	Assessment		NC0341	Held at Eastlands

Athletics Leaders Award for 16-19 years - note there are subsidised places for this age group (until the funding runs out).

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. Return application forms and cheques 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 application forms are available from Jane UK Welfare Co-ordinator. T: 0161 223 4246 or email at jfylan@uka.org.

Officials' Courses - 2012

See the England AA website for details..

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

Sarah Friday (sfriday@englandathletics.org) 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.

INFORMATION for the NEWSLETTER :

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

jamesandellenmolloy@btopenworld.com