

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

February 2012

The **CHESHIRE COUNTY AA AGM** is to be held on **Wednesday 15 February** at the **Frodsham Community Centre, Fluin Lane**, commencing at **7.30pm**.

More details at the end of this Newsletter

FIXTURES - Road and MT

- 26 February High Legh 10K
- 25 March Wilmslow half marathon – CCRR Grand Prix 1**
- 31 March Northern Athletics 12 and 6 stage road relay championships, Sefton Park, Liverpool
- 4 April Chester Spring 5 mile – CCRR Grand Prix 2**
- 14 April ERRA National Mens' 12 stage and Womens' 6 stage road relays, Sutton Park, Birmingham
- 15 April Whitley 10K – CCRR Grand Prix 3**
- 15 April Lymm.com 10K (MT) and fun run, Lymm High School
- 13 May 'Cheshire Oaks' Chester half-marathon
- 18 May Christleton 5K (new organisers – Chester Tri club)
- 2 June Hollins Green 5K – CCRR Grand Prix 4 (Spectrum S)**
- 23 June Lymm 5K (Spectrum Striders)
- 4 July Forest Park 5K (Spectrum Striders)
- 21 July Burtonwood 5 mile
- 29 July Great Warford 10 mile – CCRR Grand Prix 5**
- 19 August Birchwood 10K – CCRR Grand Prix 6 (Spectrum S)**
- 15 Sept NW Counties Road Relays (includes **Cheshire Championship**)
- 22 Sept Northern Athletics senior 6 and 4 stage and YA road relays, Leigh Sports Village
- 30 Sept Macclesfield half marathon – CCRR Grand Prix 7**
- 7 October MBNA Chester Marathon
- 3 November Langley 7 (2.00pm) (Macclesfield H)

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

FELL RUNNING

- 4 March Cloud 9 Hill Race, 11.00am, pre-entry only

CROSS COUNTRY

- 11 February Manchester X-C League,
- 25 February ECCA championships, Parliament Hill, London
- 10 March CAU cross country championships, Cofton Park
- 17 March ESAA cross country championships, Taunton

Congratulations to the following athletes who took part in the Northern Athletics X-C Championships at Pontefract.

- U17 Women: 1st Vale Royal AC - A Pettitt, T McCormick, J Evans, E-L Pyatt
- U15 Girls: 1st Vale Royal AC - K Parsons, K Gerrard, A Hinchly, L Scott;
- 3rd Warrington AC - H Knowles-Jones, K Merrill, H Tidd, E Smith
- U13 Girls: 6th Warrington AC - S McGrail, M Boyer, O Bush, A Renton
- U17 Men: 4th Vale Royal AC - Z Bamber, M Vennard, R Moore, P Stradling
- U15 Boys: 1st Vale Royal AC - E Bowker, M Sheen, T Morris, D Morrison

TRACK and FIELD

FIXTURES

2012

- 5 February NA Masters Indoor Open, Sheffield
- 3-4 March EA / NA U17 & U15 Indoor championships, Sheffield
- 10-11 March EA / NA U17 & U15 Indoor CE championships, location tbc
- 5 May Northern League Match 1
- 6 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
- 2-4 June EA / NA Senior T&F championships, location tbc
- 16 June County championships – Schools
- 16-17 June Aviva World Trials, U20 & U23 championships, Bedford
- 17 June YAL Match 3
- 22-24 June Olympic Trials and UK championships, location tbc
- 30 June Northern Athletics Inter-County at Wigan
- 1 July Northern League Match 3

- 6-7 July English Schools' championships, Gateshead
- 14-15 July NA U20/U17/U15 T&F championships, Costello Stadium, Hull
- 3-12 August Olympic Games (athletics), London
- 4-5 August EA / NA U17 & U15 /CE, location tbc
- 5 August Northern League Match 4
- 18-19 August EA U17 & U15 championships, Bedford
- 25-26 August CAU Senior championships, Bedford

Congratulations to the following athletes who took part in the Northern Championships held at Sheffield.

- A Kirsopp, Warrington – U17M 60m hurdles – 1st.
- J Gladman, Warrington – SM 60m hurdles – 1st.
- A Williams, Sale – U15G LJ – 1st (new CBP)
- Z Barnsley, West Cheshire – U15B 60m – 5th / 200m – 4th / LJ – 5th.
- J McMahon, West Cheshire – U15B Shot – 3rd.
- M Pontiflex, Warrington – U20M 800m – 3rd.
- O Montez-Brown, West Cheshire – U17L 60m hurdles – 1st / LJ – 1st.
- J Platt, Crewe and Nantwich – U17m 60m – 3rd / 200m – 1st.
- L Johnston, Warrington – U20M 3K – 2nd.
- D Erskine, West Cheshire – U20W LJ – 2nd.
- K Baker, West Cheshire – U17W Shot – 1st.
- V Anderson, West Cheshire – U20W HJ – 3rd.
- D Wallis, Wallis – U20W 800 – 4th.
- M Wigglesworth, Warrington – U17M 800m – 1st.

SPORTSHALL ATHLETICS

2011-2012

- 25 Feb Regional Finals, Wigan (by selection)
- 12 Feb League Finals U11s am / U13s & U15s pm

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

Athletics for the Young Charity 2012 - application forms are available to download from the County website. Please note the terms and conditions (for example forms must be handwritten). **Entries close 11 February.**

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@cwsportspartnership.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.

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.

NW Athletics Network Conference 2012 – "Journey to Success" – 25 March at Eastlands 10.00am to 4.00pm : information on how to book will follow shortly (no information received as of 3.2.12).

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.

Course Title	Venue and Date	Cost
Safeguarding and Protecting Children	Winsford Lifestyle Centre 23.2.12 / 6.30-9.30pm	£30
Safeguarding and Protecting Children	The Business School, Warrington 6.3.12 / 6.30-9.30pm	£30
Safeguarding and Protecting Children	UOC, Padgate Campus 13.3.12 / 6.30-9.30pm	£30
Emergency First Aid	Halliwell Jones Stadium 8.2.12 / 6.00-9.00pm	£30
Emergency First Aid	Wilmslow High School 26.3.12 / 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)

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.

LEADERSHIP IN RUNNING FITNESS

3.3.12 Eastlands NW NC0272 £90

LEADER AWARD

3.3.12 Eastlands NW NC0273 £90

COACHING ASSISTANT

17-18.3.12 Eastlands NW NC0269 £130

ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.

21-22.1.12 Robin Park Arena – Days 1 & 2 NW NW0290 £325

4.3.12 Robin Park Arena - Day 3 NW NW0290

COACH IN RUNNING FITNESS (contact D Beresford for details)

CHILDREN'S COACH AWARD

11-12.2.12 Robin Park Arena – Days 1 & 2 NW NW291 £325

24.3.12 Robin Park Arena - Day 3 NW NW291 £325

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.

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. 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.

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

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

Cheshire Area Events

Regional Events

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.

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 **Cheshire County AA AGM** and is due to be held at Frodsham Community Centre on 15 February, starting at 7.30pm. Nominations for Officers of the Association and any other items of business should be notified to the Secretary either in writing or by email at least 28 days prior to the meeting, ie by 18 January 2012.

honsecretary@cheshireaa.com

INFORMATION for the NEWSLETTER :

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

jamesandellenmolloy@btopenworld.com

TRACK AND FIELD LEVEL 2			£15
24.3.12	C	Macclesfield	Generic Module 10.00am NO0121FD Field NO0121TR Track NO0121TK Timekeeping