

CHESHIRE COUNTY ATHLETIC ASSOCIATION
NEWSLETTER
July 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 Meeting will be on 16 July, immediately prior to the Network meeting, and will take place at Gadbrook Park (above).

Congratulations to Alex Staniforth of West Cheshire AC who was an Olympic Torch carrier in Chester.

FIXTURES - Road and MT

- 12 July Wizard 5, Alderley
21 July Burtonwood 5 mile
29 July Great Warford 10 mile – CCRR Grand Prix 5
1 August Pie & Peas 5 mile MT, Moulton (Vale Royal AC)
19 August Birchwood 10K – CCRR Grand Prix 6 (Spectrum S)
Also includes informal inter-county match Cheshire vs. North Wales. Adrian Thiemicke will select the Cheshire team from those who have entered by the closing date of 12th August
22 August Capenhurst 5K
9 September Spire English half marathon, Warrington
9 September Gawsworth 10K MT
15 September NW Counties Road Relays (includes **Cheshire Championship**)
Marbury Park, Northwich. **ENTRY FORMS have now been e-mailed to Clubs.**
16 September Essar 'Sutton 6' 10K (West Cheshire AC)
22 September 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 including **Cheshire RR Champs.**
3 November Langley 7 (2.00pm) (Macclesfield H)
4 November Tatton half-Marathon
4 November Crewe déjà-vu Marathon
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**)

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

It was pleasing to see that two Cheshire clubs (Spectrum Striders and Vale Royal AC) supported the British Masters Road Relays in Sutton Park, near Birmingham entering teams in several age group events. Hopefully more Cheshire clubs will decide to enter teams in this event next year, particularly as veterans (masters) and numerically the major component of adult membership of most clubs.

Vale Royal AC and Wilmslow RC were two of the 50 clubs who ran teams in the Welsh Castles 20 stage relay (spread over 2 days and 200 miles) from Caernarfon to Cardiff.

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.

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

FELL RUNNING

FIXTURES - CROSS COUNTRY

- 2012**
29 Sept North Staffordshire League, venue tbc
6 October Northern Athletics X-C Relay Championships, Sheffield
20 October Heaton Park, north Manchester, MAX-CL
27 October North Staffs League, venue tbc
3 November ECCA Relays, Mansfield
10 November Sherdley Park, St Helens, MAX-CL
17 November North Staffs League, venue tbc

- 24 November European Cross Country trial, Sefton Park, Liverpool
1 December Wythenshawe Park, south Manchester, MAX-CL
15 December North Staffs League, venue tbc

2013

- 5/6 Jan **CHESHIRE CC CHAMPIONSHIPS**, venue to be confirmed.
13 January Boggart Hole Clough, north Manchester, MAX-CL
26 January NA X-C Championships, location tbc
10 February Woodbank Park, Stockport, MAX-CL
23 February English X-C Championships, Sunderland
9 March CAU X-C Championships

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

- 1 July Northern League Match 3
6-7 July English Schools' championships, Gateshead
8 July Cheshire League Round 3
10 July NA 3K Championships, Trafford
14-15 July NA U20/U17/U15 T&F championships, Costello Stadium, Hull
21 July Cheshire Relay Championships, Crewe
3-12 August Olympic Games (athletics), London
4-5 August EA / NA U17 & U15 /CE, Stoke
5 August Northern League Match 4
7 August Trafford – NA SenW/U20W Steeplechase Champs.
18-19 August EA U17 & U15 championships, Bedford
25-26 August CAU Senior championships, Bedford
2 September Cheshire League Round 4
2 September CAU Race walking Championships
9 September Cheshire Junior CE Championships, Macclesfield – **please note that the Championships now include U17s.**

Northern Athletics Senior T&F Champs., 2-4 June, Birmingham (held in conjunction with the England Athletics championships

Liam Clowes, Crewe & Nantwich AC - 1st 200m
Kate Spilsbury, Vale Royal AC - 1st 3000m S/C (3rd England)
Dave McKay, West Cheshire AC - 2nd SM Javelin (3rd England)

Northern Athletics Inter-County Track & Field, Wigan, 30 June

U17 girls

Gemma Eyre, 2nd 400m
Emma Pyatt, 3rd 1500m
Sophie Percival – 2nd Javelin
Kelly Baker – 1st Shot
Georgia Pickles – 2nd Pole Vault
Cheshire – 3rd Medley Relay

U15 boys

Ben Sutcliffe – 3rd 80m hurdles
Zac Barnsley – 3rd Long Jump
4x100m relay – 1st

U17 boys

Ashley Kirsopp – 2nd 100m hurdles
Fraser Ashman – 2nd Shot
Kevin Acton – 3rd 3000m

The Cheshire team in this event finished a very good third behind a combined Yorkshire team and Lancashire. Nine county teams took part. Many thanks to Debbie Baker for co-ordinating and putting together the team. Debbie wishes to thank all of the coaches and club contacts who helped her.

Congratulations to **James Gladman (Warrington AC)** who has been selected in the 110m Hurdles for the GB Junior team for the World Junior Championships in Barcelona next week.

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.

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 NETWORK EVENTS

Talented Coaches Breakfast Clubs – cost per coach is £10 which covers the cost of the venue and refreshments. This is for coaches qualified at Level 3 and above. The aim is to develop a community of practice for coaches by the delivery of specific topics, followed by a facilitated discussion which will be led by a number of high-quality experts. Interested? Contact Sport Cheshire for further information, dates and how to book please phone 01606 330212.

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.

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.

Emergency Aid

Safeguarding and Protecting Children

Lymm High School	3 July 2012	6.30-9.30pm	£30
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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				
14.7.12	Crewe	£110	NC0367	Closing date 2 July
28.7.12	Eastlands	£110	NC0305	Closing date 16 July
9.9.12	Eastlands	£110	NC0306	Closing date 27 August
6.10.12	Macclesfield	£110	NC0379	Closing date 24 Sept.
17.11.12		£110	NC0380	
LEADER AWARD				
8.9.12	Eastlands	£130	NC0307	EA subsidised cost: £95
20.10.12	Eastlands	£130	NC0389	EA subsidised cost: £95
15.12.12	Eastlands	£130	NC0378	EA subsidised cost: £95
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course				
6-7.10.12	Trafford	£365		EA subsidised cost £325
17.11.12	DAY 3			
16.3.12	Assessment			
COACHING ASSISTANT				
3-4.11.12	Eastlands	£190	NC0376	EA subsidised cost: £145
9-10.3.13	Eastlands	£190	NC0381	EA subsidised cost: £145
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	£365	NC0304	EA subsidised cost £325

28 July	Day 3			
17.11.12	Eastlands	Assessment		
3-4.11.12	Eastlands		NC0379	EA subsidised cost £325
15.12.12		Day 3		
16.3.13		Assessment		
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award				
8-9.9.12	Eastlands		NC0341	
20.10.12	Day 3			
16.3.12	Assessment			

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 - 2011

Check out the England AA website.

TRACK AND FIELD LEVEL 2	£15
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.

INFORMATION for the NEWSLETTER :

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