

CHESHIRE COUNTY ATHLETIC ASSOCIATION
NEWSLETTER
June 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).

John Driscoll of West Cheshire AC, was presented with the John Young Award at the 2012 T&F Championships. John first became interested in athletics at the age of 9 and continued as a competitor for many years. He has been a stalwart member of West Cheshire AC since its inception and helped to found the current CCAA in 1992, chairing the county athletic committee in between 2004 and 2006. He has also been President of Northern Athletics. John supported Adrian Thiemicke in the setting up of the CCRR Grand Prix series some years ago, in a bid to encourage participation in road running in Cheshire. John also puts together detailed statistics on road running performances by Cheshire athletes.

FIXTURES - Road and MT

- 22 June Tattenhall Tough Team Race
23 June Lymm 5K (Spectrum Striders)
4 July Forest Park 5K – Ladies only(Spectrum Striders)
12 June 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 Sept Spire English half marathon, Warrington
9 September Gawsworth 10K
15 September NW Counties Road Relays (includes **Cheshire Championship**) Marbury Park
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

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

PARK RUNS : these are free to enter (but with prior on-line registration) timed measured 5K runs either on road or multi-terrain being held all over the country at 9am on Saturday mornings. Although principally for new runners some Cheshire club members already run in a number of these events outside the County. Plans are in hand for 3 to be established in Cheshire – at Astbury Mere, Congleton; in Victoria Park, Warrington; and in Delamere Forest. Keep your eyes on the Park Run web site for further information.

Results from race 4 in the **GP series** was held at Hollins Green on 2 June.
Men: 1st L Renton – Warrington, 2nd D Mahon – Warrington, 3rd H Valentine – South Cheshire Harriers.
Mens' standings: S Doyle – V Royal, 2nd T Morris – Wilmslow, 3rd C Millington – Spectrum Striders.
Team standings – men: South Cheshire, Wilmslow, Vale Royal
Women: 1st A Pettitt – Vale Royal, 2nd L Whitfield – Spectrum Striders, 3rd M Johnson – Vale Royal.
Womens' standings: J Ellis, C Geraghty, K Green – all Wilmslow.
Team standings – women: Wilmslow, Vale Royal, Spectrum Striders.
Handicap winners were Jonathan Clarke (Styal RC) and Janet Stanhope (Lymm Runners). Nina Birch (Wilmslow) still leads the handicap points table but by a narrow margin from club colleague, Ian Ashcroft.

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

Cheshire results from CAU Championships, Shining Tor, Buxton on 19 May. Olivia Bush won the only individual medal finishing third in the ladies' race. Mens' team of A Lamont, S Harding and T Pattison were 7th, with T Bush also competing.
Ladies' team of O Bush, K Titlow and J Moore were 6th.

FIXTURES - CROSS COUNTRY

2012

- 29 Sept North Staffordshire League, venue tbc
20 October Heaton Park, north Manchester, MAX-CL
27 October North Staffs League, venue tbc
10 November Sherdley Park, St Helens, MAX-CL
17 November North Staffs League, venue tbc
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
10 February Woodbank Park, Stockport, MAX-CL
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

- 2-4 June EA / NA Senior T&F championships, location tbc
7 June Tom Pink Young Athletes event, Eastlands
9 June Cheshire League Round 2
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, Birmingham
30 June **Northern Athletics Inter-County at Wigan – Cheshire will be participating**
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, location tbc
5 August Northern League Match 4
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.**

Cheshire County T&F Championships news

Bertha Crowther trophy winners: Male: track – J Evans, U13, Warrington, 800m 2.12.9 / field – D McKay, SM, West Cheshire, Javelin 62.78m / Female: track – H Jones, SW, Wigan, 100m 11.7 ** / field – K Baker, U17L, West Cheshire, Shot, 10.86m. ** K Chadwick, Sale, had an identical performance over 75m, but Hayley's second grade 1 performance was slightly better than Kelly's.
Marie Birkenhead Mile Trophy winner was H Knowles-Jones of Warrington.
A total of twenty-one CBP's were set by the following athletes – H Jones, Wigan, 100m; M Robbins, Trafford, T Jump; A McMahan, West Cheshire, 200m; S Bundy-Davies, U/A, 400m; J Hughes, Macclesfield, PV; J Potter, West Cheshire, H Throw; G Pickles, C&N, PV; K Baker, West Cheshire, Shot; A Williams, Sale, L Jump; E Fowler, C&N, PV; K Chadwick, Sale, 75m; M Boyer, Warrington, 1200m; A Howell, C&B, T Jump; M Bailiff, West Cheshire, H Jump; A Tomlinson, Vale Royal, H Jump; J McMahan, West Cheshire, PV; T Price, H&F, Shot; E Ashman, C&N, Discus (full details, together with a complete listing of results are available on the County web site).

Prospectus and entry forms for the County Relay Championships are available to download from the County website.

Congratulations to Alex Wort (Warrington AC/Sale Harriers) who made his GB debut in the Indoor Combined Events International against France and Spain at Cardiff on 24-25 March. Alex was 2nd GB and 8th overall, producing a personal best total of 4760 points. On day one he produced a new 60m pb and an indoor best in high jump. On day two he produced three more personal best performances in the 60m hurdles, pole vault and 1000m.

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.

Rising Stars Fund is now open for applications – this fund aims to support up-and-coming talented athletes from Cheshire and Warrington who are, or soon could be, representing the Home Nations (England, Scotland, Wales, Northern Ireland) or Great Britain in sports that are recognised by Sport England (including athletics). Successful applicants will receive £500 towards their associated costs for travel, equipment or training, subject to sufficient funds and a signed agreement. To find out more about the Rising Start Fund (either to donate to the Fund or apply for a bursary) or for any additional information please contact lan.duckmanton@sportcheshire.org, or call the main switchboard on 01606 330 212. The fund is open to applications until 31 December 2012 for the period June 2012 to May 2013. The initial deadline for awards to be made in July 2012 is 9.00am, Monday 18 June.

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	
Apologies	to those clubs who were not aware of the event held at Macclesfield on 27 May, but no information was sent to the editor of this newsletter. It appears that those who did attend will receive a free LIRF course funded by Sport Cheshire.

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			
Winsford Lifestyle Centre	27 June 2012	6.30-9.30pm	£30
Safeguarding and Protecting Children			
Lymm High School	3 July 2012	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				
14 July	Crewe	£110	NC0367	Closing date 2 July
28 July	Eastlands	£110	NC0305	Closing date 16 July
9 September	Eastlands	£110	NC0306	Closing date 27 August
6 October	Macclesfield	£110	NC0379	Closing date 24 Sept.
LEADER AWARD				
10 June	Eastlands	£130	NC0303	Closing date 28 May
8 September	Eastlands	£130	NC0307	Closing date 27 August
COACH IN RUNNING FITNESS				
23-24 June	Trafford	£365	NC0343	Closing date 11 June
COACHING ASSISTANT				
23-24 June	Trafford	£190	NC0345	Closing date 11 June
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	Closing date 4 June
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. 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 jfyfan@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