

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

March 2012

**FOUND - small cuddly penguin toy – at the Sportshall league final at Wigan on 2 February. Contact the editor.**

### **FIXTURES - Road and MT**

- 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**  
8 April Air Products 10K & 5K family fun run (South Cheshire Harriers)  
14 April ERRRA 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)**  
22 August Capenhurst 5K  
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**

- 10 March CAU cross country championships, Cofton Park  
17 March ESAA cross country championships, Taunton  
Congratulations to Tom Jervis of Warrington who finished in 7<sup>th</sup> position at the Hulshout Cross Country event in Belgium on 12 February. Tom was a member of a very strong Northern contingent who travelled with their England colleagues. They were taking part in round 6 of the eight-round Lotto Cup.

At the **English Cross Country Championships** on 25<sup>th</sup> February at an unusually dry and warm Parliament Fields on Hampstead Heath, north London there were successes and good performances for Cheshire clubs. Congratulations to the Under 15 Girls team of Harriet Knowles-Jones (11<sup>th</sup>), E Smith, K Merrell and H Tidds from Warrington AC who finished in 2<sup>nd</sup> place. Best placed Cheshire runner in this race was K Gerrard of Vale Royal who was 9<sup>th</sup> leading her team to 11<sup>th</sup> place. Vale Royal finished 5<sup>th</sup> place teams in the Under 17 Women's and Under 15 Boys events. Individually E Bowker was 6<sup>th</sup> and M Sheen 15<sup>th</sup> for VR in the U15 race and Ameilia Pettitt 16<sup>th</sup> for VR in the U17 Women's event. At Senior level Stevie Stockton (Vale Royal) had an excellent run for 8<sup>th</sup> place with Olivier Walwyn Bush (City of Norwich), but qualified for Cheshire, was 17<sup>th</sup>. In the Senior Men's event, Matt Barnes of Altrincham was 22<sup>nd</sup> and Danny Cliffe (Liverpool) 34<sup>th</sup>, both qualified for Cheshire.

***We wish all the Cheshire teams good running in the Inter-County Championships at Cofton Park on Saturday, 10<sup>th</sup> March.***

### **TRACK and FIELD FIXTURES**

#### **2012**

- 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

### **SPORTSHALL ATHLETICS**

Cheshire's under 13 boys team finished third in a very strong group at the inter counties final at Wigan on 25 February. The under 13 & under 15 girls together with the under 15 boys finished first and will go on to represent the northwest at the UK final at Birmingham on 21 April. Cheshire's under 15 girls dominated the competition, taking the first three places in the all-rounder event with Freya Taylor-Hatswell (C&N), Emily Ball (WC) and Annie Huntbach (C&N). Not to be outdone, Cheshire also featured in the boys' all-rounder event with Matthew Pagan (WC) and Joe Terry (C&N) tying for second.

Two weeks earlier the northwest league finals were held, also at Wigan. Crewe and Nantwich took first places in the U11 and U13 boys and the U15 girls. West Cheshire were winners in the U13 girls and U15 boys, with Wirral taking first in the U11 girls.

### **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](mailto: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](mailto: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](mailto: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](mailto: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](http://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	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	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](mailto: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/](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](mailto: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](http://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](mailto: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](mailto:officials-north@englandathletics.org). Telephone 07920 532552.

TRACK AND FIELD LEVEL 2				£15
24.3.12	C	Macclesfield	Generic Module 10.00am NO0121FD Field NO0121TR Track NO0121TK Timekeeping	
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](mailto:cheshireofficials@gmx.com).

#### Cheshire Area Events

##### Regional Events

**Sarah Friday** ([sfriday@englandathletics.org](mailto:sfriday@englandathletics.org)) and Claire Buckle are the Club and Coach Support Officers for Cheshire and for Greater Manchester. Contact Sarah - [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) M07912070640 or Claire - [cbuckle@englandathletics.org](mailto: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](mailto:jamesandellenmolloy@btopenworld.com)