

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER November 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 12 November at 6.00pm, prior to the Sport Cheshire meeting.

**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](mailto:dbrown@ukathletics.org) or [kferguson@ukathletics.org](mailto:kferguson@ukathletics.org).

### **RAY EAGLE**

Ray Eagle, an endurance runner with Wilmslow Running Club was sadly killed in a plane crash in Nepal along with a number of others in late September. Ray was an accomplished distance runner and held the Cheshire all-time best performance for the marathon for the M55 age group which he set in 2011. Ray ran for Wilmslow in the NW relays at Marbury Park, shortly before travelling to Nepal.

### **JOHN LAWTON**

John Lawton, a noted long distance runner with Sandbach Striders disappeared while competing in a tough Mountain Marathon race in Greece in April. Despite a number of searches, his body was not found until mid August some way from the expected route between check points.

We offer our thoughts and condolences to the families, clubs and friends of both these members of Cheshire athletic clubs

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

3 November Langley 7 (2.00pm) (Macclesfield H)  
4 November Tatton half-Marathon  
4 November Crewe déjà-vu Marathon (track race – full up)  
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 (race almost full)  
**Cheshire Grand Prix Race**  
3 Feb Alsager 5  
23 March NA 12 and 6 stage Road Relay Championships  
24 March Wilmslow Half-Marathon  
6 April ERRR National Men's 12 stage and Women's 6 stage RR  
8 Sept English Half-marathon, Warrington

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

### **Grand Prix Race 7 – Macclesfield Half Marathon 30 September**

#### Men

1<sup>st</sup> D Nicholls, Wilmslow RC; 2<sup>nd</sup> D Mahon, Warrington AC; 3<sup>rd</sup> J Noakes, Macclesfield Harriers

Team: Wilmslow, 2<sup>nd</sup> Macclesfield, 3<sup>rd</sup> South Cheshire

#### Women

1<sup>st</sup> S Johnstone, Wilmslow; A Draper, Spectrum Striders, R Marshall, South Cheshire Harriers

Team: 1<sup>st</sup> Wilmslow, 2<sup>nd</sup> Macclesfield, 3<sup>rd</sup> South Cheshire

Handicap Winners : Peter Samuelson (Spectrum Striders) and Nicky Mowat (Wilmslow RC)

#### Grand Prix Overall - Men

1<sup>st</sup> S Doyle, Vale Royal; 2<sup>nd</sup> R Tudor, West Cheshire; 3<sup>rd</sup> M Smith, South Cheshire

Team: 1<sup>st</sup> South Cheshire, 2<sup>nd</sup> Wilmslow, 3<sup>rd</sup> Macclesfield

#### Grand Prix Overall - Women

1<sup>st</sup> S Johnstone, Wilmslow, 2<sup>nd</sup> K Green, Wilmslow; 3<sup>rd</sup> A Draper, Spectrum Striders

Team: 1<sup>st</sup> Wilmslow, 2<sup>nd</sup> Vale Royal, 3<sup>rd</sup> South Cheshire

Grand Prix Overall – Handicap : Nina Birch, Wilmslow RC

### **Cheshire Marathon Championship - 7 October, Chester**

**Men** : 1<sup>st</sup> Matthew Smith (South Cheshire) 2:36:18; 2<sup>nd</sup> Phil Townsend (Chester Tri Club) 2:58:11; 3<sup>rd</sup> Colin Martin (Spectrum Striders) 2:59:12

**Women** : 1<sup>st</sup> Tracy Entwistle (Warrington RR) 2:59:20; 2<sup>nd</sup> Caroline Hemming (Spectrum Striders) 3:16:14; 3<sup>rd</sup> Shirley Anderson (Spectrum Striders) 3:25:26

Tracy's time was a new Cheshire All-time best for the F40 age group, reducing the previous best, also by Tracy in this year's London Marathon, by 4 minutes.

### **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](http://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**

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 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

#### Northern X-C Relay Championships, 6 October, Sheffield

U15B - 6<sup>th</sup> Warrington: D Evans, L Sharman, R Dykes.  
U15G - 1<sup>st</sup> Warrington 'A': E Smith, H Knowles-Jones, S McGrail / 12<sup>th</sup> Warrington 'B': G Aston-Massey, L Watterson, V Ramsbottom.  
U13B - 1<sup>st</sup> Warrington 'A': L Gamble, D Fox, J Stubbings / 23<sup>rd</sup> S Rostron, S Dykes, A Crawley.  
U13G -

**Congratulations** to Cheshire athlete Ian Wetherall of Sale Harriers, who has been selected for the Vet.45 England Cross Country team. Ian will be competing in the Home International match which is being held in Belfast on 10 November.

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**

11 November DASH Indoor Quadrathlon and U17s Open Meeting, Eastlands  
**note: U13 girls sold out / check: [info@dashathletics.co.uk](mailto:info@dashathletics.co.uk)**  
17 November Northern Athletics Open Meeting, Sheffield  
8 December Northern Athletics Open Meeting, Sheffield

#### **2013**

5 January EA (inc. NA), Sen. And U20 CE Championships, Venue TBA  
12-13 Jan. Northern Athletics Championships (all ages)  
2-3 March EA/NA U17/U15 CE Championships, location TBA  
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** (this proposed date is still to be finally confirmed)

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
30 June	YDL (upper) Round 3
5-6 July	English Schools
7 July	Northern League Round 3
13 July	YDL (lower) Round 4
28 July	YDL (upper) Round 4
3 August	Northern League Round 4
24-25 August	CAU Inter-Counties Championships, Bedford

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)

18 November	Round 2, Widnes
9 December	Round 3, Widnes
20 January	Aviva U11s FIA Final Eastlands (by selection only)
27 January	Round 4 – two matches – Crewe and Deeside
TBA	League final U11, U13, U15 qualifying clubs, venue TBA
16 February	Aviva U13&U15 north-west Regional Finals, Wigan (by selection only)
7 April	UK U13 and U15 Final, LG arena, NEC, Birmingham

### RACE WALKING - A new discipline for Cheshire athletes

**Congratulations** to Georgina Swan, West Cheshire who competed in her first Race Walk at Dudley recently. The event was a handicap track race and Georgina managed to hold the pack off to come home in first place.

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).

### “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](http://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](mailto:Vicky.huyton@cwsportspartnership.org)) 07738402931. 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. 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.

Off-road and Endurance Development day – 24 November 2012 – venue tbc  
Cheshire Pole Vault Development Squad – 24 November 2012 – Eastlands.  
Run-Jump-Throw Day - 2 February 2013 – Crewe

The "Run,Throws and Jumps Day" session which was not held in September due to lack of interest has been rearranged for Sunday 25<sup>th</sup> November at Macclesfield

**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.

Long / Triple Jump (LCDP) Workshop 17 November, Eastlands, 10.00-3.00pm, free – Coaches may take an athlete (age 14+ £5)

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](mailto: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](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.

Safeguarding and Protecting Children	8.11.12	Wilmslow High School SK9 1LZ
Equity in your Coaching	15.11.12	MMU Crewe, CW1 5DU
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/](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				
17.11.12		£110	NC0380	
LEADER AWARD				
24.11.10	Stanney Oaks Ellesmere Port	£130	NC0418	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. <u>Cost includes all modules and assessment.</u> See notes below.				
17.11.12	Eastlands	Assessment day for NC0304		
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				
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](mailto: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](http://www.englandathletics.org).

CRB application forms are available from Jane UK Welfare Co-ordinator. T: 0161 223 4246 or email at [jfylan@uka.org](mailto: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](mailto:cheshireofficials@gmx.com).

**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)