

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

October 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 or kferguson@ukathletics.org.

FIXTURES - Road and MT

7 October MBNA Chester Marathon including Cheshire RR Champs.
7 October Congleton half-Marathon
13 October ERRR National 6 & 4 Stage RR, Birmingham - CANCELLED
14 October ERRR National YA RR, Birmingham - CANCELLED
28 October Halloween Hellraiser plus fun run (South Cheshire Harriers)
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)

2013

23 March NA 12 and 6 stage Road Relay Championships
6 April ERRR National Men's 12 stage and Women's 6 stage RR

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

North West Road Relays at Marbury Park 15 September (Cheshire results)

Senior Men: 1st Vale Royal 'A' – C Perry, A Miles, M Vennard, S Doyle / 2nd Warrington 'A' – L Johnston, D Mahon, S Dykes, A Timmins / 3rd Vale Royal 'B' – Z Bamber, J Griffiths, G Thompson, B Moore. **U17 Men:** 1st Vale Royal 'A' – M Sheen, D Morrison, S Whitehead / 2nd Warrington 'A' – C Field, L Burthem, C Fance / Vale Royal 'B' – P Stading, L Cockerton, B McIntosh. **U15 Boys:** 1st Warrington 'A' – D Evans, L Sharman, R Dykes / 2nd – Vale Royal 'A' – W Parsons, W Nowell, M Rowlinson / 3rd Crewe & Nantwich 'A' – J Betteley, F Dobberson, J Brown. **U13 Boys:** Vale Royal 'A' – J Hinchly, R Coleman, S Weir / 2nd Warrington 'A' – L Gamble, D Fox, S Rostron / 3rd West Cheshire 'A' – C Mageean, S Grinter, C Rodway.

Senior Ladies: 1st Vale Royal 'A' J Spencer, K Stringer, A Pettit / 2nd Wilmslow - S Johnston, D McVey, V McKinnon / 3rd Warrington K Titlow, K Ashcroft, R Jefferson. **U17 Ladies:** 1st Vale Royal 'A' - L Scott, C Pettitt, E Pyatt / 2nd Vale Royal 'B' - J Evans, C Heaher, A Birch / 3rd Crewe and Nantwich – K Dodds, L Whittaker, K Lennon. **U15 Girls:** Warrington 'A' – S McGrail, H Knowles-Jones, E Smith / Vale Royal 'A' – A Hinchly, M Hough, C Broad / 3rd Warrington 'B' – G Aston-Massey, O Bush, V Ramsbottom.

Many thanks to Vale Royal AC for the organisation of the event and their hard work on the day in ensuring that everything went smoothly.

Northern RR Championships, Leigh, 22 September

Main Cheshire results listed below – detailed results are on the NA website.

Senior Men – 1st Altrincham – N Leigh, M Abu-Rezeq, D Norman, M Barnes, M Ionescu / A Norman

U15 Boys – 2nd Warrington – D Evans, L Sharman, R Dykes

U13 Boys – 2nd Warrington – L Gamble, D Fox, J Stubbings

U15 Girls – S McGrail, H Knowles-Jones, E Smith

Results from Grand Prix Race 7 plus team and handicap results will appear in the November newsletter.

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

Congratulations to Olivia Walwyn-Bush of Altrincham who was second in the Home International Mountain Race held at Melmerby, Cumbria, on 22 September. The England team, of which Olivia was a member, were first.

FIXTURES - CROSS COUNTRY

2012

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, Knowsley
10 February Woodbank Park, Stockport, MAX-CL
23 February English X-C Championships, Sunderland
9 March CAU X-C Championships

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

21 October Run/Jump/Throw day, Macclesfield (Cheshire Network)
11 November DASH Indoor Quadrathlon and U17s Open Meeting, Eastlands
note: U13 girls sold out / check: 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
4 May YDL (lower)
5 May Northern League Round 1
24-25 May **Cheshire & Greater Manchester T&F County Champs., Trafford**
2 June YDL (lower)
3 June YDL (upper)
8 June County Schools
9 June Northern League Round 2
5-6 July English Schools
7 July Northern League Round 3
3 August Northern League Round 4
24-25 August CAU Inter-Counties Championships, Bedford

Cheshire Junior CE Championships, Macclesfield, 9 September

Full results, points and grades are available on the Cheshire website
U17Men Pentathlon (Open) – J Marchan, Trafford/T Mort, Macclesfield, N Harrison, West Cheshire. U17 Men (Cheshire) T Mort, N Harrison, W Simmons, Crewe and Nantwich.
U17 Women Pentathlon (Open) (Cheshire) – C Boothby, Macclesfield/A Simmons, Crewe/G Hatton, Macclesfield.
U15 Boys Pentathlon (Open) (Cheshire) – Z Barnsley, West Cheshire/H Lord, Sale/O McCormick, Sale.
U15 Girls Pentathlon (Open) (Cheshire) – E Fowler, C&N/A Huntbach, C&N/ S Decker, Dash
U13 Boys Triathlon (Open) (Cheshire) – D Williams, Handforth/N Edler, Handforth/ J Ainley, Dash
U13 Girls Triathlon (Open) – K Snape, Trafford/E Jackson, V Royal/ J Park, Dash/E Smith & M Lang, St Helens (all 3rd edqual)

U13 Girls – Triathlon (Cheshire) – E Jackson, A Barnsley, West Cheshire/H Shaw, Warrington.

U11 Boys – O Stone, Handforth/D Joy, C&N, A Howe, West Cheshire

U11 Girls – T O’Keefe, West Cheshire/ T McHugh, Sale/E Cobey, Macclesfield

U11 Team – West Cheshire – T O’Keefe, Adam Howe, W Scott

Any athletes interested in being a part of the team for the Malta event 3013, 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)

14 October Round 1, Widnes

18 November Round 2, Widnes

9 December Round 3, Widnes

27 January Round 4 – two matches – Crewe and Deeside

TBA League final U11, U13, U15 qualifying clubs, venue TBA

20 January U11s FIA Final Eastlands (by selection only)

16 February U13&U15 north-west Regional Finals, Wigan (by selection only)

TBA UK Final venue TBA

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.

“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

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. 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. 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.

Run/Jump/Throw Development Day

Contact Vicky Huyton (see above) to book a place. £5.00 per person at Macclesfield Harriers, from 9.30am-2.30pm.

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.

Event: Combined Events Development Day

Venue: Sportcity, Manchester

Date: 07.10.12

Time: 10 – 3pm

Cost: £5 athletes, coaches free

Booking: norm_mitch@talk21.com or 07713 685650

Event: High Jump

Venue: Sportcity, Manchester

Date: 14.10.12

Time: 10 – 3.30pm

Cost: free of charge

Contact: sfriday@englandathletics.org

‘Developing the Child’ masterclass booking is now open.

Wheelchair racing qualification for coaches at level 2 and above – no cdost until May 2013, Contact Sarah Friday

Introduction to Ambulant Sprints/Jumps to be held at Leigh in February 2013 – further information to follow.

Making activities Deaf Friendly – visit website of same name.

Contact Sarah Friday for information on the above workshops.

Nominations are now open or the Barclays Community Sports Award – contact Sarah Friday for more information.

Get Cheshire Running – Cheshire Network, Sport Cheshire and CCAA want to build a legacy after the Games and get more people running in Cheshire. There are various prizes on offer. The closing date is 8 October with the winning club being notified by 9 October. Check out the Cheshire Network for full details.

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 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.

Talking Sport Seminar – Are we a Friendly Club	4.10.12	Ellesmere Port - Hollymere Extra Care Development CH65 2HB
Social Media for Clubs	13.10.12	Winsford Lifestyle Centre CW7 1AD
Safeguarding and Protecting Children	16.10.12	MUU, Crewe, CW1 5DU
Club Together Conf.	27.10.12	University of Chester CH1 4BJ
Club Funding Seminar	31.10.12	Gadbrook Park, CW9 7UD
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

Sport Cheshire are proud to announce their first ‘Sport together month’ which will take place throughout October. For further information of a varied programme of workshops and other events, go onto the website via www.coachingcw.org or contact Adam Norris on adamnorris@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				
6.10.12	Macclesfield	£110	NC0379	Closing date 24 Sept.
17.11.12		£110	NC0380	
LEADER AWARD				
20.10.12	Eastlands	£130	NC0389	EA subsidised cost: £95

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				
8-9.9.12	Eastlands		NC0341	
20.10.12	Day 3			
16.3.12	Assessment			

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. 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 - 2012

See the England AA website for details..

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.

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