

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

August 2013

IMPORTANT: Cheshire County AA are offering **free entry** to the **Northern U15 & U17 Champs at Wavertree on 17/18 August** for their **2013 county champions**. The county will refund the relevant entry fee after the event, on condition that the athlete has competed in the fixture at Wavertree. An entry form can be found here: <http://www.race-results.co.uk/onlineentries/uploads/info1318.pdf>. This also applies to any U20 county champions who competed at Sport City on 22 and 23 June. Senior champions were already offered free entry by Northern Athletics.

The Cheshire Track Relay Championships go ahead on 31 August at Macclesfield. The prospectus and entry form are available on the County web site – please note closing date.

FIXTURES - Road and MT

2013

- 7 August Pie and Peas 5 mile MT – **Cheshire GP Race 4**
11 August Great Warford 10 mile – inc. **Cheshire RR Championship – and Cheshire GP Race 5**
18 August Birchwood 10K
21 August Capenhurst 5K
30 August South Cheshire 5K Series – Race 3
8 Sept. English Half-marathon, Warrington
15 Sept. North West Road Relays, Lancaster (**Cheshire Champs**) – *this is a date change which produces several clashes for Cheshire club members*
15 Sept. Sutton Six 10K – **Cheshire GP Race 6**
15 Sept. South Cheshire 20 mile
15 Sept. Gawsworth 10K MT
21 Sept Northern Athletics Womens' 4-stage, Mens' 6-stage, and Young Athletes Road Relay Championships, Blackpool
29 Sept. Macclesfield Half-Marathon and 5K
6 October MBNA Chester Marathon
6 October Congleton Half-Marathon – **Cheshire GP Race 7**
2 November Langley 7
8 December Tatton Yule Yomp 10K

2014

- 15 March NA 12 and 6-stage road relays – Manchester, venue tbc

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

Grand Prix Race 2 Results - Lymm 5K

Men

A Green, Warrington; P Speake, Wilmslow, S Doyle, Vale Royal
Team : South Cheshire. Wilmslow RC, Vale Royal AC.

Women

D McVey, Wilmslow; A Pettitt, Vale Royal; K Readman, Macclesfield Harriers,
Team: Vale Royal, Wilmslow, South Cheshire.

Grand Prix, Race 3, Burtonwood 5 mile

Men : M Smith, South Cheshire; S Doyle, Vale Royal, Z Bamber, Vale Royal
Team : South Cheshire who increase their lead overall
Women : D McVey, Wilmslow; K Readman, Macclesfield; J Ellis, Wilmslow
Team : Wilmslow who now go into the lead overall.

GP Handicap Winners for the first 3 races :

- Race 1 : Les Bourne and Lucy Roberts (both South Cheshire)
Race 2 : Owen Evans (South Cheshire) and Leanne Byrne (Wilmslow)
Race 3 : Keith Mulholland (Macclesfield) and Gail Hill (Wilmslow)

Louise Gordon of South Cheshire leads the GP Handicap points table from team colleagues James Simpson and Matthew Smith.

FELL RUNNING

- 3 August Teggs Nose Fell Race, nr Macclesfield

Olivia Walwyn Bush was the second-placed UK runner and 21st overall in the European Mountain Running Championships, held in Bulgaria over the weekend of 8th-9th July. The team was placed third.

FIXTURES - CROSS COUNTRY

2013

- 28 Sept North Staffs X-C League, R1, Winsford
5 October NA X-C Relays - Graves Park, Sheffield
19 October Manchester Area X-C League R1, Heaton Park (**no U11s**)
26 October North Staffs X-C League, R2, Stafford Common
2 November ECCA National Relays – Mansfield
10 November Manchester Area X-C League, R2, Stockport
16 November North Staffs X-C League, R3, Park Hall, Western Coyney
30 November North Staffs X-C League, R4, Westwood High
7 December Manchester Area X-C League, R3, Sherdley Park

2014

- 12 January Manchester Area X-C League, R4, Boggart Hole Clough
25 January NA X-C Championships. Knowsley
8 February Manchester Area X-C League, R5, Wythenshawe Park
22 February ECCA National Championships - Wollaton Park, Nottingham

TRACK and FIELD FIXTURES

2013

- 3 August Northern League Round 4
3-4 August NA U17 and U15 CE Championships, Stoke
17-18 August NA U17 and U15 T&F Championships, location tbc
24-25 August CAU Inter-Counties Championships, Bedford
31 August **Cheshire County Relay Championships**
8 September Cheshire League Round 4
7 September Northern League Promotion Match, Doncaster
15 Sept. Cheshire Junior CE Championships, plus Open CE event

Amy Williams (Sale) was selected to compete in triple jump, for the England team which took part in the SIAB Schools' International which took part in Dublin on 20 July

Kelly Baker (West Cheshire) competed in shot putt for England in the 2nd Welsh International match at Cardiff on 31 July. The England ladies team won the competition.

At the **British Championships** at Alexander Stadium, Birmingham, **Katie Brough** won a bronze medal in the Women's 5000m race with team colleague **Stevie Stockton** a few seconds behind in 4th place.

For the World Championships in Moscow later in August, Cheshire athlete **Hayley Jones** (Wigan) was named in the women's 4x100m relay squad.

Sandy Littler, Cheshire Schools' Team Manager paid tribute to the teachers and coaches who work with the athletes all year round, after a superb set of results for the Girls' team at this year's ESAA Finals at Birmingham. The junior girls' team won the Forrester Trophy (first in B counties); the intermediate girls were second in their competition and the senior girls were also placed first, winning the Northwich Cup. In addition, the boys and girls combined to win the Aggregate trophy. Eight medals were awarded, with several ES and NS performances.

Medal Winners : J Gleave (SB 800m); J Webster (SB 400mH); D Evans (IB 1500m); D Wallis (SG 1500mS/c); A Mackenzie (IG HJ); A Williams (with a CBP) and S Quinn (IG TJ); K Lowery (JG 1500m).

Competing for Greater Manchester schools, Cheshire qualified athlete, H Knowles-Jones won a medal in the IG 1500m. Schools county qualification depends on where the pupil is at school.

Still on Schools' athletics, Cheshire's year 7 pupils won the inter-Counties match with Merseyside, in a very tight contest at Stanney Oaks on 8 July.

Cheshire results from U17s and U15s Northern I-C at Hull on 20 July

U15 girls: L Jump - A Barnsley 15th / Shot – J Pyatt 4th; E McCarthy 12th / Hammer – J Pyatt 9th / 800m ht. 1 – K Lowery 3rd, ht. 2 – M Bower 3rd / 100m – ht. 1 – G Barlow 4th, ht. 2 – B Jones 4th; 200m – ht. 2 – G Barlow 3rd ht. 3 – E Fenoglio – 5th / 75mH – ht. 1 C Esegbon 1st, ht. 2 – A Barnsley 7th / 4x100m relay – 5th.

U15 boys: L Jump – C Meakin 1st / Shot – E Ashman 8th, J Shaw 15th / Hammer – J Shaw 12th / 80m hurdles – C Meakin 7th / 100m – ht. 1 – J Ratcliffe 4th, ht. 2 – S Denney 5th / 800m - ht. 1 J Evans 3rd, ht. 2 C Adhem 4th / 200m – ht. 1 J Ratcliffe 3rd, ht. 2 F Williamson 4th / 4x100m relay 5th.

U17 girls: L Jump – L Pegler 4th, E Fowler 9th / H Jump – E McCarthy 6th / 80m hurdles – ht. 1 K Frith 5th, ht. 2 E Fowler 6th / 3K R McGoldrick 2nd / 100m – ht. 1 L Pegler 4th, ht. 2 C Worthington 4th / 400m – ht. 1 E Smith 4th, ht. 2 F Taylor Hatswell 4th / Medley relay 4th.

U17 men: H Jump – Z Barnsley 7th, H Valentine 13th / Hammer – J Lloyd 7th, D Valentine 8th / Shot – D Valentine 9th, J Lloyd 12th / H Jump – H Valentine 11th / P Vault – C Grayson 2nd / 100m – ht. 1 Z Barnsley 3rd / 1500m – D Evans 3rd, Z Holland 10th / 400m – ht. 1 J Brown 7th / Medley Relay 2nd.

SPORTSHALL ATHLETICS

Dates (to be confirmed)

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

The Network has been a sub-committee of Cheshire County AA since 31st March to enable it to continue into the future. Contact Andy Garnett by email on andy.garnett@amec.com or phone him on 01925 675420 during working hours.

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.

9.9.13	Safeguarding and Protecting Children	Winsford Lifestyle Centre
16.9.13	Emergency First Aid	Wilmslow High School

Womens' Coaching Conference 2013 – change of date – now to be held on Saturday 13 October at Birmingham Hilton Metropole NEC . Price £30 includes Hall of Fame ticket. Check British Athletics website for further details.

The UK CAU AGM is being held at the Bedford International Stadium, Barkers Lane, Bedford on 24 August, commencing at 5.45pm.

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.

NOTE: The Northern area Coaching Conference will be held on 28 September at Leeds Metropolitan University – further details to follow shortly. The cost will be £40 with a discount of £10 for bookings made before 16 August.

Nominations for the NW Regional Awards are now open – for more information, follow this link - www.englandathletics.org/Awards-2013

Gillette is working in partnership with Sports Coach UK to provide grants to both aspiring and amateur coaches to further their qualifications. Applications are now open via the brand's Facebook page www.facebook.com/GilletteUK and then click on Gillette Great Start Programme for more information

5.10.13	NC0493	One day	Bolton
14.12.13	NC0508	One day	Eastlands
ATHLETIC LEADER AWARD - £130/£95			
14.12.13	NC0509	One day	Eastlands
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £325.00			
1.9.13	NC0415	Assessment day	Bolton
COACHING ASSISTANT - £190.00/ £145.00			
21+22.9.13	NC0492	Days 1 and 2	Bolton
21-22.12.13	NC0498	Days 1 and 2	Eastlands
22-23.2.14	NC0499	Days 1 and 2	Eastlands
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. £365.00/£325.00			
12.10.13	NC0410	Assessment day	Eastlands
4.8.13	NC0440	Day 3	Eastlands
12.10.13	NC0440	Assessment day	Eastlands
2-3.11.13	NC0495	Days 1 and 2	Eastlands
12.4.14	NC0495	Assessment day	Eastlands
22-23.2.14	NC0496	Days 1 and 2	Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
12.10.13	NC0438	Assessment day	Eastlands
2-3.11.13	NC0497	Days 1 and 2	Eastlands
12.4.13	NC0497	Assessment day	Eastlands
JAVELIN COACH DEVELOPMENT WORKSHOP			

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 Fylan UK Welfare Co-ordinator. T: 0161 223 4246 or email at jfylan@uka.org.

Officials' Courses - 2013

See the England AA website for details..

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