

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

June 2013

The next Cheshire AA committee meeting will be held on 24 June 2012 at Knights Grange Barn, Winsford commencing at 6.00pm. This will be followed by a meeting of the Cheshire Athletics Network which is expected to commence at 7.15pm.

FIXTURES - Road and MT

2013

16 June	Ellesmere Port 10K and 5K, plus Fun Run
20 June	Warrington 10K
21 June	Tattenhall Tough Team
22 June	Lymm 5K – Cheshire GP Race 2
28 June	South Cheshire 5K Series – Race 1
3 July	Forest Park Ladies' 5K Birchwood
20 July	Burtonwood 5 mile – Cheshire GP Race 3
26 July	South Cheshire 5K Series – Race 2
7 August	Pie and Peas 5 mile – 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
14 Sept.	North West Road Relays, Lancaster (Cheshire Champs)
15 Sept.	Sutton Six 10K – Cheshire GP Race 6
15 Sept.	South Cheshire 20 mile
15 Sept.	Gawsworth 10K MT
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

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

FELL RUNNING

3 August Teggs Nose Fell Race, nr Macclesfield

FIXTURES - CROSS COUNTRY

2013

TRACK and FIELD FIXTURES

2013

8 June	County Schools
9 June	Northern League Round 2
22 June	YDL (lower) Round 3
22-23 June	Senior and U20 T&F Championships, Eastlands
30 June	YDL (upper) Round 3
5-6 July	English Schools
7 July	Northern League Round 3
13 July	YDL (lower) Round 4
14 July	Cheshire League Round 3
20 July	NA Junior Inter-Counties, Hull
28 July	YDL (upper) Round 4
3 August	Northern League Round 4
17-18 August	NA U17 and U15 T&F Championships, location tbc
24-25 August	CAU Inter-Counties Championships, Bedford
8 September	Cheshire League Round 4
14 Sept.	Northern League Promotion Match, Doncaster
15 Sept.	Cheshire Junior CE Championships, plus Open CE event

NOTE: a complete set of results can be accessed from the Cheshire AA website.

Trophies for the male and female best performances in track and field will be awarded to the following athletes.

Male Track – C Meakin, Warrington – U15 boys 80m hurdles, 11.92
Male Field – D McKay, West Cheshire – Senior Men Javelin, 64.36m
Female Track – E Jackson, Vale Royal – U13 girls 70m hurdles, 11.58
Female Field – D Bentley, Sale – Senior Women Javelin, 44.10m

Offers are invited to host the Cheshire track relays on a suggested date of Saturday 31st August. If the CCAA committee receive no offer to host

the event before the next committee meeting scheduled for 24 June, the relays will be cancelled for 2013.

SPORTSHALL ATHLETICS

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 the 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.

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 - £110.00			
29.6.13	NC0439	Eastlands	
ATHLETIC LEADER AWARD			
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 - £145.00			
18-19.5.13	NC0437	Eastlands	
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. £325.00			
12.10.13	NC0410	Assessment day	Eastlands
15-16.6.13	NC0440	Days 1 and 2	Eastlands
4.8.13	NC0440	Day 3	Eastlands
12.10.13	NC0440	Assessment day	Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award			
29.6.13	NC0438	Day 3	Eastlands
12.10.13	NC0438	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