

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

May 2013

Jean Pickering OBE 1929 – 2013

Sadly Jean Pickering passed away recently. Jean competed in the 1940's and 50's gaining a Gold Medal in the European Championships, setting a world record in the process. She also gained an Olympic medal as part of the GB relay team. Jean will be best remembered for her work with Sportshall Athletics where, initially with her husband Ron, she worked tirelessly to help it become the global success it is today. In Ron's memory she helped to set Sportshall up in Ireland and became its' second President following his death in 1991. Many GB stars were helped in their early days with donations from the Ron Pickering Memorial Fund. She will be very much missed.

Congratulations to West Cheshire AC who were named Club of the Year at the Cheshire West and Chester Sports Award ceremony held at Winsford. The Club went forward to the Cheshire and Warrington Sports Awards on 19 April where they lost out to Alderley Edge Hockey Club.

FIXTURES - Road and MT

2013

12 May	Chester Half-marathon
17 May	Christleton 5K
2 June	Hollins Green 5K
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
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
15 Sept.	Sutton Six 10K – Cheshire GP Race 6
15 Sept.	South Cheshire 20 mile
15 Sept.	Gawsworth 10K
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

Grand Prix Race 1 - Air Products 10K 31.3.13 - Results

Men: S Doyle, Vale Royal; P Speke, Wilmslow RC; Z Bamber, V Royal

Teams – South Cheshire Harriers, V Royal, Wilmslow

Ladies: A Pettitt, V Royal; J Thorn, V Royal; A Frost, Macclesfield H

Teams – V Royal, Macclesfield, Wilmslow

Handicap: Men – L Bourne, S Cheshire; S Bamber, V Royal; C Wynne, S Cheshire

Handicap: Women – L Roberts, S Cheshire; S Jones, Wilmslow; R Bexon, S Cheshire.

Handicap: Combined – L Roberts, L Bourne, S Bamber

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

A number of recent road running performances by Cheshire athletes have produced a number of changes to the Age Group bests compiled about 18 months ago and regularly up-dated. A new list has been sent to the Cheshire AA web site.

During the first 4 months of 2013 the following have set records :

5K M65 Barry Blyth (Macclesfield)

F55 Jacky Thorn (Vale Royal)

5 mile M35 Matt Barnes (Altrincham)

F55 Jacky Thorn (Vale Royal)

10K M35 Christian Prior (Chester Tri Club)

F55 Jacky Thorn (Vale Royal) - twice

Half-marathon : M40 Stuart Doyle (Vale Royal)

F35 Kelly Crickmore (Chester Tri Club) – twice

F55 Jacky Thorn (Vale Royal)

Marathon : M75 Harry Newton (Macclesfield)

F40 Tracy Entwistle (Warrington RR) – the third occasion

F55 Vicky Perry (Altrincham) - a new London record

Congratulations to all.

FELL RUNNING

19 May CAU Fell-running championships, Settle

3 August Teggs Nose Fell Race

FIXTURES - CROSS COUNTRY

2013

TRACK and FIELD FIXTURES

2013

Congratulations to Danielle Wallis of Macclesfield Harriers who competed in the Malta International match in April for the Northern Athletics team and returned with Gold and Silver in the 1500m and 800m.

4 May YDL (lower) Round 1

5 May Northern League Round 1

19 May Cheshire League Round 2

11-12 May **Cheshire & Gr. Manchester T&F County Championships Trafford - NOTE CHANGE OF DATE - also closing date for entries is Friday 26 April.**

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

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 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

Congratulations to Ellie Jackson, Vale Royal, who tops the U13 girls rankings in 60m hurdles and 150m, both indoors. Her winning performance in the 150m came at Sheffield in December 2012 breaking a record that had stood since 2006, and her hurdles win was at the Midland Counties Open held at Birmingham on 24 March, breaking a record from 2008.

Offers are invited to host the Cheshire track relays on a suggested date of Saturday 31st August

SPORTSHALL FIXTURES

7 April UK U13 and U15 Final, LG arena, NEC, Birmingham

Cheshire's **U13 boys** team finished tenth, with Jack Shenton and Jacob Williamson gaining individual bronze medals for the 2 lap race and speedbounce respectively.

The **U15 boys** were fourth, with Matthew Pagan missing bronze in the all-rounder event by just three points. Matthew won gold in the four lap race and bronze in speed bounce, whilst Zac Barnsley won silver in the two lap race.

Cheshire's U15 girls finished in seventh place, with Freya Taylor-Hatswell gaining silver in both the speedbounce and four lap race, with Emily Ball winning silver in the Shot Putt.

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 will become a sub-committee of the Cheshire County AA after the 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.

NW Regional Events–

Wheelchair racing qualification for coaches at level 2 and above – no cost until May 2013.

Making activities Deaf Friendly – visit website of same name.

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.

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			
11.5.13		Eastlands	
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £325.00			
12.5.13	NC0415	Day 3	Bolton
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			
11..5.13	NC0410	Day 3	Eastlands
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			
18-19 May	NC0438	Days 1 and 2	Eastlands
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):

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