

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

October 2013

Please note change of email address for editor.

New address is jandemolloy@gmail.com

Full results for all events featured can be found on Cheshire and Northern websites.

FIXTURES - Road and MT

2013

6 October MBNA Chester Marathon
6 October Congleton Half-Marathon – **Cheshire GP Race 7**
27 October Hallowe'en Hellraiser
2 November Langley 7
8 December Tatton Yule Yomp 10K
26 December Round the Walls Race, Chester

2014

19 January Four Villages Half Marathon
15 March NA 12 and 6-stage road relays – Manchester, venue tbc

Cheshire 10 mile Road Race Championships amended results

Apologies for incorrect results in September newsletter

Men: D Nicholls, Wilmslow; M Smith + M40, South Cheshire Harriers; P Brook, Chester Tri; M50 G MacNeil, Wilmslow.

Team: Wilmslow, South Cheshire, Vale Royal.

Women: D McVey + L35, Wilmslow; L Blizzard, Belgrave; S Johnstone, Wilmslow; L45 M Tavener, Vale Royal.

Challenge Match – Great Warford 10 miles 11 August - Cheshire v N Wales

Men: Cheshire 10 points; N Wales 11 points

1. Damian Nicholls – C; 2. D Weston – NW; 3. M Smith – C; 4. B Rothery – NW; 5. A Edwards – NW; 6. P Brook – C; 7. P Mallinson – C; 8. A Bromley – NW.

Women: Cheshire 8 points; N Wales 13 points 1. Diane McVey – C; 2. E Crowe – NW; 3. L Blizzard – C; 4. S Johnstone – C; 5. M Owen – NW; 6. T Llewellyn – NW; 7. T Llewelyn – NW; 8. A Bagnall, NW.

Cheshire GP Race 6 – Sutton Six 10K 15 September

Gill Mead of Chester Tri set a new Cheshire F50 record in this event which also saw a number of good performances by ladies leading to 6 of the 10 fastest performances this year being set in this race.

Men: D Nicholls, Wilmslow; J Noakes, Macclesfield; R Downs, Wilmslow.

Women: D McVey, Wilmslow; T McCormick, Vale Royal; G Mead, City of Chester Tri.

Teams : Men : Wilmslow; Women : Vale Royal

Handicap : Men : David Larkin (Macclesfield); Women : Kate Moulds (Vale Royal (her second win this season).

Handicap Overall; : Gail Hill (Wilmslow) leads narrowly from Carl Hanaghan (Macclesfield)

The final GP for 2013 is on October 6th in the Congleton half-marathon race.

All individual and team titles, except the womens's individual, will be decided by this final race. The women's title has been won by Diane McVey (Wilmslow)

NW Road Relays – Lancaster 15 September (Cheshire Championships)

U13B S Evans, J Jones, B Harrison, Warrington – 3rd; / U17M L Burthem, L Sharman, C France, Warrington – 3rd; U17L E Smith, K Grady, A Goddard, Warrington – 3rd.

NA Road Relays – Blackpool 21 September

Senior Women 4 stage: K Moulds, T Spencer, A Pettitt, T McCormick, Vale Royal A – 3rd; / U17 Men 3 stage: M Sheen, E Bowker, S Whitehead, Vale Royal A – 3rd; / U17 Women 3 stage: J Parsons, A Hinchly, K Gerrard, Vale Royal A – 2nd; / U15 Girls 3 stage: M Boyer, V Ramsbottom, L Gerrard – Warrington – 3rd.

We would appreciate dates for other events proposed to be held in Cheshire. NOTE: PLEASE SEND TO THE EDITOR AND NOT THE DISTRIBUTOR.

FELL RUNNING

Congratulations to Anne-Marie Jones of Altrincham and District RC, who was first in the World Masters Running Championships (W60 category) in the Czech Republic on 31 August.

FIXTURES - CROSS COUNTRY

2013

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

4 January Cheshire X-C Championship, Birchwood
12 January Manchester Area X-C League, R4, Boggart Hole Clough
25 January Northern X-C Championships. Knowsley
8 February Manchester Area X-C League, R5, Wythenshawe Park
22 February ECCA National Championships - Wollaton Park, Nottingham
8 March CAU X-C Cofton Park, Birmingham
15 March NA 12 and 6-stage Champs., Heaton Park, Manchester

TRACK and FIELD FIXTURES

2013

16 November NA Indoor Open, Sheffield

14 December NA Indoor Open, Sheffield

2014

4-5 January EA inc. NA Senior & U20 CE Champs., Sheffield

18-19 Jan. NA Senior/U20 and U17 Indoor Champs., Sheffield

2 February NA U15 and U13 Indoor Champs., Sheffield

Cheshire County Track Relays – Macclesfield 31 August (county results only)

U11G (NC) 4x100m – West Cheshire A, Crewe & Nantwich, W Ch B; U11B (NC) 4x100m – W Ch A, C&N, Macclesfield; U13G 4x100 – Warrington, Halton & Frodsham, C & N; U13B 4x100m – C & N A, H & F, C & N B; U15G 4x100m – C & N; U15B 4x100m – Macc.; U17L 4x100m W'ton; U17M 4x100m C & N; SL 4x100m C & N.

U17L 3x800m W'ton; SL 3x800m Macc.; SM 3x800m Macc.; U11G 3x600m W Ch., W'ton A, W'ton B; U11B 3x600m Macc., C & N, W Ch.; U15G 3x800m W'ton; U15B 3x800m Macc.; U13G 3x800m C & N A, H & F A, W'ton A; U13B 3x800m W Ch. A, W'ton A, C & N A.

U15G Medley W'ton; U15B Medley Macc.; U17W Medley C&N; U17M Medley Macc.; SL Medley W Ch.; SM Medley Macc.

County Junior CE Championships and Open (Cheshire results only)

Congratulations to Ellie Jackson who set a new County and Open record in the U13 girls' event.

U17M – J McMahon, West Cheshire; L Greenwood, Vale Royal
U17L – E Fowler, Crewe and Nantwich, E Hancox, DASH
U15B – C Meakin, Warrington; L Palin, C&N, J Stubbs, C&N
U15G – A Clark, Macclesfield; H Shaw, W'ton; L Boyle, Trafford
U13B – O Johnson, Macc.; J Ainley, Dash; J Williamson, C&N
U13G – E Jackson, Sale; M Tipping, W Ch.; E Howe, W Ch.
U11G – T O'Keefe, W Ch.; A Dale, Sale; A Pawlett, W Ch.
U11B – M Frith, Macc.; A Shaw, W'ton; D Bugg, W Ch.
U11 Mixed Team – T O'Keefe, A Pawlett, A Crayston, W Ch.

Congratulations to Matthew Pagan of West Cheshire AC, who won bronze at the UK School Games, Sheffield on 14 September 2013.

SPORTSHALL ATHLETICS

Round 1 - 20 October

Round 2 - 17 November

Round 3 - 8 December

NWL Final - 26 January

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

SPORT CHESHIRE SPORTS COACH COURSES

To book any of the courses, please telephone 0161 247 5653.

7.10.13	Safeguarding and Protecting Children	Wilmslow High School
15.10.13	HSE Accredited First Aid	MMU Crewe
24.10.13	Safeguarding and Protecting Children	MMU Crewe
27.10.13	HSE Accredited First Aid	MMU Crewe
12.11.13	Equity in your Coaching	MMU Crewe
21.11.13	How to coach disabled people in sport	MMU Crewe

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.

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.

Local Coach Development Programme

13.10.13	10.00-4.00pm	Jumps	Eastlands
26.10.13	10.00-4.00pm	Endurance	University of Bolton
16.11.13	10.00-4.00pm	Speed	Eastlands
12.1.14	10.00-4.00pm	Developing Throwers	Edge Hill University

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

LEADERSHIP IN RUNNING FITNESS - £110.00			
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
23&30.11.13	NC0512	Days 1 and 2	Robin Park
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
12.10.13	NC0440	Assessment day	Eastlands

2-3.11.13	NC0495	Days 1 and 2	Eastlands
21.12.13	NC0495	Day 3	Eastlands
12.4.14	NC0495	Assessment day	Eastlands
22-23.2.14	NC0496	Days 1 and 2	Eastlands
12.4.14	NC0496	Day 3	Eastlands
July 14 (tbc)	NC0496	Assessment day	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
21.12.13	NC0497	Day 3	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):

jandemolloy@gmail.com