

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER September 2013

### FIXTURES - Road and MT

#### 2013

- 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

### Grand Prix Race 4 Results - Pie and Peas 5 mile

**Men:** C Perry, Vale Royal AC; D Nicholls, Wilmslow RC; E Bowker, Vale Royal.

**Team:** Vale Royal, Wilmslow, South Cheshire Harriers.

**Women:** D McVey, Wilmslow; T McCormick, Vale Royal; K Spilsbury, Vale Royal.

**Team:** Vale Royal, Wilmslow,

### Grand Prix, Race 5, Great Warford 10 mile

**Men:** D Nicholls, Wilmslow; M Smith, South Cheshire Harriers; P Brook, City of Chester Tri Club.

**Team:**

**Women:** D McVey, Wilmslow RC;

**Team:**

### GP Handicap Winners for race four and five

Race 4 : Darren Roberts (Knutsford Tri Club) and Kate Moulds (Vale Royal)

Race 5 : Nick Hackett (South Cheshire H) and Gail Hill (Wilmslow RC) – her second handicap win this season!

Gail Hill leads the GP Handicap points table

### Cheshire 10 mile Road Race Championships

**Men:** D Nicholls, Wilmslow; M Smith, South Cheshire Harriers; P Mallinson, South Cheshire Harriers

**Team:** Wilmslow, South Cheshire, Vale Royal.

**Women:** S Johnstone, Wilmslow; L Harrison, Wilmslow; A Draper, Spectrum Striders.

**Team:** Wilmslow.

**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

#### Cheshire results from Teggs Nose race on 9 August

**Men:** 2<sup>nd</sup> Tom Bush, Altrincham and District AC; 4<sup>th</sup> Andy Gibbs, Vale Royal; 5<sup>th</sup> Scott Wilson, Macclesfield Harriers.

**Women:** 23<sup>rd</sup> Jayne Joy, Helsby; 38<sup>th</sup> Ann-Marie Jones, Altrincham; 84<sup>th</sup> Janet Robertson, Helsby.

### 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 Northern 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

- 8 September Cheshire League Round 4  
7 September Northern League Promotion Match, Doncaster  
15 Sept. Cheshire Junior CE Championships, plus Open CE event

Results for Cheshire athletes for the following events are as follows.

#### Midland Counties U17/U15 Championships

E Ball, West Cheshire AC, won both the U17W Shot Putt and Discus titles.

#### Northern U17/U15 Championships

K Chadwick, Sale, U15G L Jump, 1<sup>st</sup> / U15 100m 1<sup>st</sup>.

J Pyatt, Halton & Frodsham Harriers, U15G Discus, 1<sup>st</sup>.

AHinchly, Vale Royal, U17W 1500m, 1<sup>st</sup>

S Percival, West Cheshire, U17W Javelin, 1<sup>st</sup>.

M Pagan, West Cheshire, U17M 400m, 1<sup>st</sup>.

E Bowker, Vale Royal, U17Y 1500m, 1<sup>st</sup>.

#### CAU Inter-County Championships, Bedford 24-25 August

**D McKay, West Cheshire AC** was second in the Men's Javelin throw.

### World Athletics Championships, Moscow

Congratulations to Cheshire athlete, **Hayley Jones**, on winning a bronze medal as part of the Women's 4x100m relay team.

### 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](mailto: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](mailto:panmaallen@googlemail.com).

### The Cheshire and Merseyside Athletics Network

The Network has been a sub-committee of Cheshire County AA since 31<sup>st</sup> March to enable it to continue into the future. Contact Andy Garnett by email on [andy.garnett@amec.com](mailto: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](mailto: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](http://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.

**UK coaching courses (local to Cheshire)**

For full details go to [http://coaching.uka.org.uk/qualifications/leaders\\_awards/](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](http://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](http://www.facebook.com/GilletteUK) and then click on Gillette Great Start Programme for more information

The Cheshire Officials' Secretary is Alan Morris. He can be contacted at [cheshireofficials@gmx.com](mailto:cheshireofficials@gmx.com).

**Sarah Friday** ([sfriday@englandathletics.org](mailto:sfriday@englandathletics.org)) and **Claire Buckle** are the Club and Coach Support Officers for Cheshire and for Greater Manchester. Contact Sarah - [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) M07912070640 or Claire - [cbuckle@englandathletics.org](mailto: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](mailto:jamesandellenmolloy@btopenworld.com)

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. <u>Cost includes all modules and assessment.</u> £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](mailto: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](http://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](mailto:jfylan@uka.org).

**Officials' Courses - 2013**

See the England AA website for details..