

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

April 2013

FIXTURES - Road and MT 2013

3 April	Chester Spring 5 mile
6 April	ERRA National Men's 12 stage and Women's 6 stage RR
14 April	Lymm 10K MT race plus fun run
27 April	Marbury Park – 5K race plus 2.5K fun run, wheelchair and buggy friendly (Jo Pritchard 01606 331858 for details)
12 May	Chester Half-marathon
17 May	Christleton 5K
2 June	Hollins Green 5K
16 June	Ellesmere port 10K and 5K
21 June	Tattenhall Tough Team
22 June	Lymm 5K – Cheshire GP Race 2
20 July	Burtonwood 5 mile – Cheshire GP Race 3
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
8 Sept	English Half-marathon, Warrington
15 Sep	Sutton Six 10K – Cheshire GP Race 6
15 Sep	South Cheshire 20 mile
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

A weekly Park Run 5K event is now held every Saturday morning in Delamere Forest. In order to enter you must register on-line with the Parkrun organisation by mid-day on the Friday before the event. There is no entry fee.

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

FELL RUNNING

19 May	CAU Fell-running championships, Settle
3 August	Teggs Nose Fell Race

FIXTURES - CROSS COUNTRY

2013

Results

Year 7 Schools' Inter-County event held at Whitby Park, Ellesmere Port on 14 March. The boys' race (73-66) and the girls' race (71-66) were both won by Merseyside. Top three Cheshire finishers in the boys' race were Ben Lee, John Humphries and Ryan Hourz, whilst in the girls' race the top three for Cheshire were Caitlin Dimmick, Issy Clarke and Georgina Denham.

English Schools' held at Catton Hall Derby 16 March

Top ten finishes were achieved by the following Cheshire athletes:

U17 men – E Bowker and Matthew Sheen (both Vale Royal)

U20 women – A Pettitt – Vale Royal – 4th

U17 women – H Knowles-Jones – Warrington – 2nd

Inter-County CC Championships, Birmingham on 9th March

There were some excellent performances by both Cheshire individuals and Cheshire teams in this annual event. We had two individual winners: Daniel Evans (of Warrington) in the U15 Boys and Harriet Knowles-Jones (also Warrington) in the U15 Girls. Team medals were won by the U15 Girls (second) and U20 Women (third). Other top 20 individual performances came from Katie Brough (10th) and Olivia Walwyn Bush (19th) in the Senior women's event; Amelia Pettitt (Vale Royal) 12th in the U20 Women's race; and Amy Hinchly (Vale Royal) 16th in the U15 Girl's event.

TRACK and FIELD FIXTURES

2013

13 April	E Gallagher and T O'Mahoney Memorial Open Medal Meeting, Wavertree
21 April	Cheshire League Round 1
27 April	NA Malta Match
28 April	YDL (upper) Round 1
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 - <u>NOTE CHANGE OF DATE - also closing date for entries is Friday 26 April.</u>

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

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

SPORTSHALL FIXTURES

Participating clubs will compete in three out of the four fixtures (the same as last season)

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

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.

“Pass the Baton”

The English Federation of Disabled Sport (EFDS) have announced a promotional campaign which began on 20 August. The aim is to encourage everyone to encourage participation at all levels. More information can be obtained from their website: www.efds.co.uk/support-us/pass-the-baton

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			
13.4.13	NC0446	Macclesfield	
21.4.13	NC0407	Stanney Oaks	
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.

The next Cheshire AA committee meeting is being held at Knight's grange, Winsford on Monday 15th April starting at 6pm. Representatives from all Cheshire clubs are invited to attend.

INFORMATION for the NEWSLETTER :

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy):

jamesandellenmolloy@btopenworld.com