

CHESHIRE COUNTY ATHLETIC ASSOCIATION



NEWSLETTER December 2013



Editor : Ellen Molloy jandemolloy@gmail.com

International Honours

Congratulations to Katie Brough of Vale Royal AC, who recently returned to athletics after a several year break, on gaining a senior GB vest for cross country at the European championships which take place on Sunday 8th December in Belgrade.

PLEASE NOTE :

A Track & Field Officials' Course will be held at Cheshire Oaks Leisure Centre, Stanney Lane, Ellesmere Port on Saturday 22 March 2014. Cheshire urgently needs more officials to cover events. Please encourage members of your Clubs to think about taking the course – after all it will benefit your own athletes as well. The cost will be £30. The application form can be downloaded from the Cheshire AA website.

If you are interested, please contact Allan Morris cheshireofficials@gmx.com or Debbie Beresford dberesford@englandathletics.org

FIXTURES - Road and MT

NOTE : * indicates events organised by and/or supported by affiliated athletic clubs

2013

8 December **Tatton Yule Yomp 10K***
26 December **Round the Walls Race, Chester***
29 December **Ribble Valley 10K including NA RR Championships***

2014

19 January **Four Villages Half Marathon (GP – 1)***
2 February **Alsager 5 mile**
15 March **NA 12 and 6-stage road relays – Manchester, venue tbc***
23 March **Wilmslow Half Marathon***
30 March **Cheshire 10K**
16 April **Chester Spring 5***
20 April **Air Products 10K and 5K, Crewe***
18 May **Chester Half Marathon***
27 June **South Cheshire H 5K series, Queen's Pk, Crewe– 1***
25 July **South Cheshire H 5K series, Queen's Pk, Crewe– 2***
29 August **South Cheshire H 5K series, Queen's Pk, Crewe – 3***
13 Sept. **North West road relays, Woodbank Park, Stockport***
21 Sept. **Guilden Sutton Six 10K, Chester***
28 Sept. **Macclesfield half marathon and 5K***

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

FIXTURES - CROSS COUNTRY

2013

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**
18 January **Cheshire Schools' X-C, Barony Park**
25 January **Northern X-C Championships, Knowsley**
1 February **Schools' I-C X-C Championships, Knights Grange**
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**
15 March **ESAA X –C Championships, Castle Donnington**
22 March **ESAA International X–C Champs., Canon Slade, Bolton**

27 March **Minors I-C X-C match – Arrowse Park (provisional)**

Selection Policy for Inter-county cross country championships on 8 March :

Teams will be selected based on first 6 to finish at the Cheshire County championships on 4 January plus two discretionary places.

British Athletics Cross Country series – success for Cheshire club athletes.

Katie Brough (Vale Royal AC) won the senior ladies event in the first round at Bristol and finished 6th in the Liverpool event which incorporated the EuroCross trails which gained her selection for the GB team as highlighted above.

Elliot Bowker also Vale Royal, won the U17 men's event at both Bristol and Liverpool.

TRACK and FIELD FIXTURES

2013

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**
17-18 May **Cheshire AA and GMAA T&F Championships, Macclesfield**
14 June **Cheshire Schools' Championships, Macclesfield**
21 June **Mason Trophy, Juniors/Inters, I-C match Birmingham**
25 June **Minors T&F Championships, Warrington**
28-29 June **ESAA combined Events, Regional round, Stoke**
3 July **I-C Minors T&F Championships, Cheshire Oaks**
11-12 July **ESAA T&F Championships, Birmingham**
19 July **ESAA T&F International match, Cardiff**
20-21 Sept. **ESAA CE and Race walk Championships, Boston**
6 December **Indoor CE Events, International, Glasgow**

SPORTSHALL ATHLETICS

Round 3 - 8 December

NWL Final - 26 January

Success in another sport

Congratulations to **Zack Holland**, and active member of West Cheshire AC. Zack was selected to be a part of the GB squad to compete in the World Biathlon Championships in Limassol on 5 October – Youth B age category (U17). There were 35 countries competing, and Zack was fourth in the morning and eighth in the afternoon. He was the third Briton home in the team competition, which helped the team to win gold. After this he won the NW Schools' Biathle Championships and has qualified for the National Individual Championships in December and the National Final at the Olympic Park next year.

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 Tom Shubrook on 01606 814441 or on tom.shubrook@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 01606 330212

10.12.13	Emergency First Aid	Middlewich Cricket Club
11.12.13	Safeguarding & Protecting Children	Chester RUFC

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.

Local Coach Development Programme

12.1.14	10.00-4.00pm	Developing Throwers	Edge Hill University
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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			
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			
COACHING ASSISTANT - £190.00/ £145.00			
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			
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			
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 - 2014

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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