

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

**February 2013**

### **IMPORTANT – new Sport Cheshire Office from 26.3.12**

Sport Cheshire, Unit 2, The Royal Mews, Gadbrook Park, Northwich, CW9 7UD.

The next Committee Meeting will take place on Monday 18 February immediately after the **Annual General Meeting**, which is being held at Crewe Vagrants Sports Centre. The AGM will commence at 7pm

**Note:** Changes to the CRB system came into force on 10 September. The system will now be known as the Disclosure and Barring Service. If you have any queries or require further information, please contact:

[dbrown@ukathletics.org](mailto:dbrown@ukathletics.org) or [kferguson@ukathletics.org](mailto:kferguson@ukathletics.org).

**NOTE : UKAthletics are now known as British Athletics!**

**Nominations are invited by England Athletics for Regional Councils (ours is the North West) – see EA web site.**

### **FIXTURES - Road and MT**

#### **2013**

3 March	High Legh 10K
23 March	NA 12 and 6 stage Road Relay Championships
24 March	Wilmslow Half-Marathon (entries closed)
31 March	Air Products 10K, Crewe – <b>Cheshire GP Race 1</b>
31 March	Run the Bridge 5 mile
3 Apr	Chester Spring 5 mile (prov)
6 April	ERRA National Men's 12 stage and Women's 6 stage RR
14 April	Lymm 10K MT plus fun run
12 May	Chester Half-marathon
17 May	Christleton 5K
2 June	Hollins Green 5K
23 June	Lymm 5K – <b>Cheshire GP Race 2</b>
20 July	Burtonwood 5 mile – <b>Cheshire GP Race 3</b>
7 August	Pie and Peas 5 mile MT, Moulton – <b>Cheshire GP Race 4</b>
11 August	Great Warford 10 mile – inc. <b>Cheshire Championships – Cheshire GP Race 5</b>
8 Sept	English Half-marathon, Warrington
15 Sep	Sutton Six 10K – <b>Cheshire GP Race 6</b>
29 Sept	Macclesfield Half-Marathon and 5K
6 Oct	MBNA Chester Marathon
6 October	Congleton Half-Marathon – <b>Cheshire GP Race 7</b>
2 November	Langleigh 7

A weekly Park Run 5K event is now held every Saturday morning in Congleton. 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**

10 February	Woodbank Park, Stockport, MAX-CL
23 February	English X-C Championships, Sunderland
9 March	CAU X-C Championships, Cofton Park, Birmingham

### **Northern Cross Country Championships**

The 2013 championships were held on a snow-covered course of several inches, which became tougher and muddier as the day wore on at Knowsley Safari Park.

**U13 Boys:** 4<sup>th</sup> Warrington – S Evans, J Stubbings, B Harrison, S Rostron / 6<sup>th</sup> Vale Royal – J Humphries, R Weir, B Lee, A Doyle / 9<sup>th</sup> West Cheshire – E Roberts, C Mageean, A Mason, J Goodall

**U13 Girls:** 4<sup>th</sup> Warrington – M Boyer, M Goddard, A Gibbons, L Ferris / 23<sup>rd</sup> Warrington – G Denham, C Dimmick, E Bridge, J Thompson

**U15 Boys:** 6<sup>th</sup> Crewe and Nantwich – J Betteley, J Brown, F Dobberson, J Howell Jones.

**U15 Girls:** 1<sup>st</sup> Warrington – H Knowles-Jones, E Smith, S McGrail, V

Ramsbottom / 14<sup>th</sup> Vale Royal – M Hough, C Broad, A Nolan, E Weston

**U17 Men:** 1<sup>st</sup> Vale Royal – E Bowker, M Sheen, S Whitehead, P Stalling

**U17 Women:** 2<sup>nd</sup> Vale Royal – J Parsons, E Pyatt, K Gerrard, J Evans

**Junior Men:** 5<sup>th</sup> Vale Royal – M Vennard, Z Bamber, R Moore, A Miles

**Junior Women:** 16<sup>th</sup> J Spencer, K Spilsbury, D Moreton, P Davies

**Senior Men:** 15<sup>th</sup> Vale Royal – S Doyle, C Perry, J Griffiths, J Thompson, C Sefton, I Stanton

**Senior Women:** 16<sup>th</sup> Vale Royal – J Spencer, K Spilsbury, D Moreton, P Davies

### **Top 10 individual placings :**

**Junior Men :** M Vennard (Vale Royal) 9<sup>th</sup>

**U17 Men :** E Bowker (Vale Royal) 3<sup>rd</sup>; M Sheen (Vale Royal) 4<sup>th</sup>

**U15 Boys :** D Evans (Warrington AC) 1<sup>st</sup>

**Senior Women :** K Brough (Warrington AC) 7<sup>th</sup>

**Junior Women :** A Pettitt (Vale Royal) 2<sup>nd</sup>; T McCormick (Vale Royal) 4<sup>th</sup>

**U15 Girls :** H Knowles-Jones (Warrington AC) 1<sup>st</sup>; K Lowery (Macclesfield) 8<sup>th</sup>

**U13 Girls :** MBoyer (Warrington AC) 4<sup>th</sup>;

Northern Athletics Cross Country teams 2012/2013 – events that we plan to take teams to have been added to the Cross Country section. Any athletes or coaches wishing to express interest can now do so. We are keen to recruit further female team managers. Anyone interested please contact Steve Gaines or Arwel Williams.

### **TRACK and FIELD FIXTURES**

#### **2013**

2-3 March	EA/NA U17/U15 CE Championships, Sheffield
13 March	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
11-12 May	<b>Cheshire &amp; Greater Manchester T&amp;F County Champs., Trafford</b>
19 May	Cheshire League Round 2
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 for Young Athletes, 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 September	YA Combined Events, Macclesfield

**Offers are invited to host the Cheshire track relays on a suggested date of Saturday 31<sup>st</sup> August**

Any athletes interested in being a part of the Northern Athletics team for the Malta event 2013, should check the NA website for information.

### **SPORTSHALL FIXTURES**

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

16 February Aviva U13&U15 north-west Regional Finals, Wigan (by selection only)

3 March League final U11, U13, U15 qualifying clubs, venue TBA

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](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).

### “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](http://www.efds.co.uk/support-us/pass-the-baton)

### The Cheshire and Merseyside Athletics Network

If you wish your club to be involved please contact Co-ordinator, Vicky Huyton ([Vicky.huyton@cwsportspartnership.org](mailto:Vicky.huyton@cwsportspartnership.org)) 07738402931. Contact Chairperson Andy Garnett by email on [andy.garnett@amec.com](mailto:andy.garnett@amec.com) or phone him on 01925 675420 during working hours. Check out possible free places on Officials' courses – via the Network. The Network is in its' third and final year, and it would be useful if the County Association could work more closely with the Network during that time to determine how the Network's achievements could be continued in the future.

Details of the 'three-year plan' for both Merseyside and Cheshire can be found in the Cheshire Network July newsletter. The plan deals with both Road Running and with Track and Field. Included are details on Club Development, Coach and Official Mentoring and Development, Funding, Disability Athletics, focus on event group development within the clubs making up the network. Also included are plans for Young Athlete development, and plans to focus on the sustainability of the network from year 4 and beyond. The latest newsletter is now available on the CN website.

### Local Coach Development Programme (LCDP) and Cheshire Network events Winter 2012/2013

Several workshops and events have been arranged to take place over the winter. Hopefully the coach development workshops will meet the needs of the coaches – from feedback received previously from clubs and coaches. Several sessions have been arranged in Cheshire. Places may be limited so please contact the person listed against the workshop.

'Developing the Child' masterclass booking is now open.

**Please contact Vicki Huyton for further information on the above courses.**

### NW Regional Events–

Disability Ambulant Sprints/Jumps – 9 February 2013 – Leigh Harriers  
Wheelchair racing qualification for coaches at level 2 and above – no cost until May 2013.

High Jump – 17 March 2013 – Wavertree

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](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.

21.2.13	Safeguarding and Protecting Children	Halliwel Jones Stadium
11.3.13	Safeguarding and Protecting Children	Nantwich Cricket Club

### 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.

LEADERSHIP IN RUNNING FITNESS - £110.00			
2.2.13	NC0431	Eastlands	
17.2.13	NC0442	Wavertree	
13.4.13	NC0446	Macclesfield	
21.4.13	NC0407	Stanley Oaks	
29.6.13	NC0439	Eastlands	
LEADER AWARD			
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £325.00			
23-24.3.13	NC0415	Days 1 and 2	Bolton
12.5.13	NC0415	Day 3	Bolton
1.9.13	NC0415	Assessment day	Bolton
COACHING ASSISTANT - £145.00			
23-24.3.13	NC0381	Eastlands	
13-14.3.13	NC0426	Litherland Sports Park	
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			
16.3.13	NC0379	Assessment day	Eastlands
23-24.3.13	NC0410	Days 1 and 2	Eastlands
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			
9.2.13	Leigh Sports Village		

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 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..

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)