

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

January 2013

Happy New Year to everyone involved with athletics in Cheshire.

### IMPORTANT – new Sport Cheshire Office from 26.3.12

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

**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).

### **Robbie Webster (Helsby Running Club)**

We regret to have to announce that Robbie Webster a "Vet 70" runner with Helsby RC sadly died early on 16<sup>th</sup> December after being unwell for a period of time. He represented his club with some passion in the Borders Road Running League events over several years last compoeting in January 2012 at a League event at Abergele. Robbie was remembered before the start of the Borders League race at Christleton which was held on the same day as his passing.

### **Mike Hancock**

Mike Hancock, a former geography teacher at Neston High School on the Wirral, was well known in the Cheshire area and wider for his involvement over many years in coaching athletes. Although not an active athlete himself he had a great interest in the sport and was very popular with the school and club athletes he brought through and encouraged to perform well, many to a high level.

Sadly Mike died just before Christmas after a battle with cancer, but was still actively coaching and supporting athletes until a short time before he died.

Hopefully he will have got to know about one of his recent group of athletes, Katie Brough and her excellent performance in Spain (reported below).

Mike's funeral is on Tuesday, 8<sup>th</sup> January at 10:30am at St Mary's & St Helen's Church in the centre of Neston and later at the Blacon Crematorium, Chester.

We express our condolences to the families and friends of both Robbie and Mike as we remember them both for their contributions, in their different ways, to athletics in Cheshire.

### **Some good news :**

It is pleasing to report that Peter Allen, a Vice President of Cheshire County AA, has now returned home after a stay of several weeks in hospital following pneumonia and additional problems. Peter will be better known to many as a Time Keeper at many athletic meetings. We wish him a steady recovery and hope we will see him again when the weather improves (as it must) later in the year.

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

#### **2013**

20 January	Four Villages Half Marathon - <b>Cheshire GP Race 1 – Race Full</b>
3 Feb	Alsager 5 mile
23 March	NA 12 and 6 stage Road Relay Championships
24 March	Wilmslow Half-Marathon
31 March	Air Products 10K, Crewe – <b>Cheshire GP Race 2</b>
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 plus fun run
12 May	Chester Half-marathon
2 June	Hollins Green
23 June	Lymm 5K – <b>Cheshire GP Race 3</b>
20 July	Burtonwood 5 mile – <b>Cheshire GP Race 4</b>
?? August	Pie and Peas 5 mile – <b>Cheshire GP Race 5</b>
8 Sept	English Half-marathon, Warrington
?? Sep	Sutton Six 10K – <b>Cheshire GP Race 6</b>
6 Oct	MBNA Chester Marathon
?? October	Congleton Half-Marathon – <b>Cheshire GP Race 7</b>

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

### **FIXTURES - CROSS COUNTRY**

#### **2013**

13 January	Boggart Hole Clough, north Manchester, MAX-CL
26 January	Northern Athletics X-C Championships, Knowsley Safari Park
10 February	Woodbank Park, Stockport, MAX-CL
23 February	English X-C Championships, Sunderland
9 March	CAU X-C Championships, Cofton Park, Birmingham

Results from Cheshire Cross Country Championships, Reaseheath 5.14.13 (full results can be found on the County AA website)

The weather conditions were good – the rain held off and the bright sunny conditions were excellent for the competitors. Prior to the senior womens' race, a minute's silence was held in memory of Mike Hancock who sadly passed away just before Christmas. Thanks to all the officials, marshals and other helpers on the day and special thanks to South Cheshire Harriers who organised the event.

U11 boys: S Evans, Warrington / J Chapman, West Cheshire / 3<sup>rd</sup> Fabio Carosi, Stockport. Team: Warrington, W Cheshire, Crewe and Nantwich

U13 boys: L Gamble, Warrington / J Stubbings, Warrington / E Roberts, West Cheshire. Team: Warrington, V Royal, W Cheshire

U15 boys: D Evans, Warrington / J Owen, V Royal / J Betteley, C and N. Team: Warrington, C and N, V Royal

U17 men: E Bowker, V Royal / M Sheen, V Royal, C Field, Warrington. Team: V Royal, Warrington.

Junior Men: M Vennard, V Royal / L Renton, Warrington / Z Bamber, V Royal. Team: Vale Royal

Senior Men: C Perry, Vale Royal / D Nicholls, Wilmslow / S Doyle, Vale Royal. Team: Wilmslow

Vet Men: M40 S Doyle, Vale Royal; M45 M Fowler, Wilmslow; M50 G Macneil, Wilmslow; M55 T McGaff, Wilmslow; M60 R Skilling, Knutsford Tri; M65 B Blyth, Macclesfield; M70 A Peers, Spectrum

Team: Wilmslow

U11 girls: T O'Keefe, W Cheshire / A Crayston, W Cheshire / L Maloney, Warrington. Team: W Cheshire, Macclesfield Harriers, Warrington

U13 girls: M Boyer, Warrington / L Ferris, Warrington / L Goddard, Warrington. Team: Warrington, V Royal, Macclesfield

U15 girls: E Smith, Warrington / Z Thompson / Sale Harriers, A Hinchly / V Royal. Team: Warrington, 2<sup>nd</sup> V Royal, 3<sup>rd</sup> C and N

U17 ladies: J Parsons, V Royal / A Goddard, Warrington, J Evans, V Royal. Team: 1<sup>st</sup> V Royal, 2<sup>nd</sup> V Royal, 3<sup>rd</sup> C and N

Junior ladies: T McCormick, V Royal / A Pettitt, V Royal / D Wallis, Macclesfield. Team: V Royal

Senior ladies: O Walwyn Bush, Altrincham / K Titlow, Warrington AC / J Joy, Helby. Team: Vale Royal

Vet Ladies: F35 D McVey, Wilmslow; F40 R Marshall, South Cheshire; F45 G Mead, Chester Tri; K Forster, Spectrum; F55 J Thorn, Vale Royal; F60 P Davies, Vale Royal; F65 A Hewitt, Spectrum.

Team: P Wilmslow

### **Representative Honours**

Congratulations to Katie Brough (Warrington AC) and Olivia Walwyn Bush (Altrincham) on gaining selection to represent England in a cross country international in Spain in mid December. Katie had a particularly good run in being the second English team member to finish.

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**

12-13 Jan.	Northern Athletics Championships (all ages)
2-3 March	EA/NA U17/U15 CE Championships, Sheffield
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
25-26 May	<b>Cheshire &amp; Greater Manchester T&amp;F County Champs., Trafford</b>
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

Any athletes interested in being a part of the 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)

20 January	Aviva U11s FIA Final Eastlands (by selection only)
27 January	Round 4 – two matches – Crewe and Deeside
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.

Run-Jump-Throw Day - 2 February 2013 – Crewe

**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.

Road Running Seminar, 8 November, Eastlands, 7-9.00 pm, Eastlands

Combined Events – 8 December 2012 - Eastlands

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.


#### 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			
20.1.13	NC0406	Stanney Oaks	
2.2.13	NC0431	Eastlands	
21.4.13	NC0407	Stanney Oaks	
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			
12-13.3.13	NC0381	Eastlands	
13-14.3.13	NC0426	Litherland Sports Park	
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 / 12.5.13 (tbc)	NC0410	Day 3	Eastlands
September (tbc)	NC0410	Assessment day	Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award			

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)