

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

February 2014

Editor : Ellen Molloy jandemolloy@gmail.com

The AGM of the CCAA will be held at Knight's Grange on 17 February at 7.00pm.

Please note that the county association is made up of representatives of all the affiliated clubs in the county. This meeting is your club's opportunity to ensure you are represented on the county committee throughout the coming 12 months. Nominations for Officers of the Association and other items of business should be notified to me in writing or by email at least 28 days before the meeting is due to take place (ie 20 January). A formal agenda will be issued shortly after that.

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 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

2014

15 March	NA 12 and 6-stage road relays – Manchester, venue tbc*
23 March	Wilmslow Half Marathon*
30 March	Cheshire 10K
13 April	Whitley 10K*
16 April	Chester Spring 5* (GP – 2)*
20 April	Air Products 10K and 5K, Crewe*
18 May	Chester Half Marathon*
23 May	Christleton 5K (GP – 3)*
31 May	Hollins Green 5K*
15 Jun	Sport in the Port 10K, Ellesmere Port
21 Jun	Lymm 5K*
26 Jun	Warrington RR 10K (GP – 4)*
10 Jul (prov)	Wizard 5ml MT, Alderley Edge (GP – 5)*
19 Jul	Burtonwood 5 mile *
27 June	South Cheshire H 5K series, Queen's Pk, Crewe– 1*
25 July	South Cheshire H 5K series, Queen's Pk, Crewe– 2*
17 August	Birchwood 10K (GP – 6)*
20 August	Capenhurst 5K*
29 August	South Cheshire H 5K series, Queen's Pk, Crewe – 3*
13 Sept.	North West road relays, Woodbank Park, Stockport (includes Cheshire Championships*
21 Sept.	Guilden Sutton Six 10K, Chester*
28 Sept.	Macclesfield half marathon and 5K* (GP – 7)*
5 Oct	Chester Marathon
26 Dec	"Round the Walls", Chester*

We would appreciate dates for other events proposed to be held in Cheshire. NOTE: PLEASE SEND TO THE EDITOR AND NOT THE DISTRIBUTOR.

The first **Cheshire AA Road Running GP** race for 2014 was held in conjunction with the 4 Villages Half-marathon at Helsby on 19th January in very pleasant conditions. Almost 400 Cheshire club runners finished in the 1800+ field, the largest ever turn out for a GP race. Wilmslow RC were in pole position winning both male and female team races and providing both individual Cheshire GP winners in Damian Nicholls and Diane McVey. The individual handicap winners were Graham Roberts of South Cheshire and Debra Crouch of Lymm Runners. The next GP race is in the Chester Spring 5 mile on 16th April.

FELL RUNNING

FIXTURES - CROSS COUNTRY

2014

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	English Schools X –C Championships, Castle Donnington
22 March	ESAA International X-~C Champs., Canon Slade, Bolton
27 March	Ches Schools Minors I-C X-C match – Arrowse Park (provisional)

Cheshire Cross-Country Championships – Results

U11 Girls – 1st L Crawford, Sale Harriers /2nd S Heslop, Macclesfield Harriers/3rd T O'Keefe, West Cheshire; Team: 1st Sale, 2nd Warrington, 3rd West Cheshire;

11 Boys - 1st F Proffitt, Macclesfield/ 2nd E Pettitt, Vale Royal/ 3rd H Tegg, West Cheshire; Team: 1st Macclesfield, 2nd West Cheshire, 3rd Vale Royal AC;

U13 Girls 1st C Dimmick, Vale Royal/ 2nd I Trevithick, Warrington/ 3rd I Clarke, West Cheshire; Team: 1st Vale Royal, 2nd Macclesfield, 3rd Crewe & Nantwich;

U13 Boys 1st S Evans, Warrington/ 2nd J Humphries, Vale Royal/ 3rd J Birtles, Halton and Frodsham; Team: 1st Vale Royal, 2nd Warrington, 3rd West Cheshire;

U15 Girls 1st L Lowery, Macclesfield/ 2nd L Ferris, Warrington/ 3rd S McGrail, Warrington; Team: 1st Warrington 'A', 2nd Warrington 'B', 3rd Macclesfield;

U15 Boys 1st J Betteley, Crewe & Nantwich/ 2nd E Totterdell-Lambert, Vale Royal/ 3rd O Lee, Warrington; Team: 1st Vale Royal, 2nd Warrington, 3rd Crewe & Nantwich;

U17 Ladies 1st H Knowles-Jones, Warrington/ 2nd J Parsons, Vale Royal/ 3rd A Hinchly, Vale Royal; Team: 1st Vale Royal 'A', 2nd Vale Royal 'B', 3rd Vale Royal 'C';

U17 Men 1st E Bowker/ 2nd S Whitehead/ 3rd L Burthem, Warrington; Team: 1st Vale Royal 'A', 2nd Warrington, 3rd Vale Royal 'B';

U20 Ladies 1st T McCormick, Vale Royal/ 2nd A Pettitt, Vale Royal/ 3rd D Wallis, Macclesfield; Team: Vale Royal;

U20 Men 1st C Field, Warrington/ 2nd M Hulse, Vale Royal/ 3rd H Valentine, South Cheshire; Team: 1st Vale Royal;

Senior and Veteran Women 1st J Joy, Helsby/ 2nd K Titlow, V Royal/ 3rd D McVey, Wilmslow;

S Ladies Team: 1st Vale Royal, 2nd Wilmslow, 3rd Spectrum; Vet Women Team: 1st Wilmslow, 2nd Spectrum, 3rd Helsby;

Senior and Vet Men 1st D Cliffe, Unattached/ 2nd M Barnes, Altrincham/ 3rd C Perry, Vale Royal; S Men Team: 1st Vale Royal, 2nd Wilmslow, 3rd Chester Tri;

Vet Men Team: 1st Wilmslow, 2nd South Cheshire, 3rd Wilmslow.

Northern Athletics X-C Championships - Cheshire results

Junior Men: 2nd M Vennard, Vale Royal / Team – 3rd Vale Royal

U17 Men: 1st E Bowker, Vale Royal / Team – 1st Vale Royal

U13 Boys: Team – 2nd Vale Royal

Junior Women: 3rd A Pettitt, Vale Royal / Team – 1st Vale Royal

U17 Women: 1st H Knowles-Jones, Warrington /Team – 1st Vale Royal

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.

Cross Country Representative honours for Cheshire Athletes :

Katie Brough (Vale Royal) and Harriet Knowles-Jones (Warrington AC) represented Great Britain in the Senior Womens and Junior Womens races respectively at the televised Bupa CC event in Edinburgh on 11th January. Harriet had a particularly good run finishing 5th overall in the Junior race as one of the youngest runners in the event.

A week later Tessa McCormick and Elliot Bowker (both with Vale Royal) represented England Juniors in an international cross country fixture in Spain.

TRACK and FIELD FIXTURES

2014

27 April	UK YDL Upper Round 1
3 May	UK YDL Lower Round 1
4 May	Northern League Round 1
11 May	Cheshire League Round 1
17-18 May	Cheshire AA and GMAA T&F Championships, Macclesfield
31 May	UK YDL Lower Round 2
1 June	UK YDL Upper Round 2

7 June	Northern League Round 2
14 June	Cheshire Schools' Championships, Macclesfield
15 June	Cheshire League Round 2
21 June	Mason Trophy, Juniors/Inters, I-C match Birmingham
22 June	UK YDL Lower Round 3
25 June	Minors T&F Championships, Warrington
28-29 June	ESAA combined Events, Regional round, Stoke
29 June	UK YDL Upper Round 3
3 July	I-C Minors T&F Championships, Cheshire Oaks
6 July	Cheshire League Round 3
11-12 July	ESAA T&F Championships, Birmingham
13 July	Northern League Round 3
19 July	ESAA T&F International match, Cardiff
19 July	UK YDL Lower Round 4
27 July	UK YDL Upper Round 4
9 August	Northern League, Round 4
30 August	Northern League Division 2 Promotion Match
7 September	Cheshire League Round 4
20-21 Sept.	ESAA CE and Race walk Championships, Boston
6 December	Indoor CE Events, International, Glasgow

NB: Fixture dates have been obtained from a number of sources – note there would appear to be a clash on 19 July - if any of these dates are incorrect, please inform the editor as soon as possible.

NA U20 and U17 Indoor Championships

Congratulations to:

O Montez-Brown, West Cheshire: 1st – Long Jump / 60m Hurdles – 2nd
K Baker, West Cheshire: 1st Shot Putt

RACE WALKING - Cath McGrath of West Cheshire AC and a UKA Licensed Coach for race walking can be contacted by email: cathmcgrath@btinternet.com if anyone wishes to take up the sport.

PLEASE NOTE :

Cheshire Schools AA now have their own web site :
www.cheshireschoolsaa.co.uk

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

Athletics for the Young Charity – seeks applications from athletes under the age of 23 who are in full-time education or equivalent, and who are not receiving other funding to apply for assistance. Contact Alan Barlow (email address is on the Northern Athletics website, together with a form and information to download. **IMPORTANT : NOTE THAT THE CLOSING DATE IS 16 FEBRUARY.**

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
No information received.

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

12.3.14	Throws Workshop 10.00 am - 4.00pm	Edge Hill University, Ormskirk	FREE
---------	--------------------------------------	-----------------------------------	------

Please contact Sarah Friday (details in this newsletter).

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 - £150/£130.00			
1.3.14	NC0541	One day	Eastlands
8.3.14	NC0543	One day	Stanney Oaks
10.5.14	NC0532	One day	Eastlands
ATHLETIC LEADER AWARD - £130/£95			
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £325.00			
COACHING ASSISTANT - £225/£165			
22-23.2.14	NC0499	Days 1 and 2	Eastlands
29-30.3.14	NC0544	Days 1 and 2	Stanney Oaks
17-18.5.14	NC0534	Days 1 and 2	Eastlands
5-6.7.14	NC0535	Days 1 and 2	Eastlands
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. £400/£250			
12.4.14	NC0495	Assessment day	Eastlands
22-23.2.14	NC0496	Days 1 and 2	Eastlands
12.4.14	NC0496	Day 3	Eastlands
10-11.5.14	NC0536	Check dates for days 3&4 before booking	Eastlands
July 14 (tbc)	NC0496	Assessment day	Eastlands
13-14.9.14	NC0537	Days 1 and 2	Eastlands
14.9.14	NC0496	Assessment day	Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
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):
jandemolloy@gmail.com