

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

March 2014

Editor : Ellen Molloy [jandemolloy@gmail.com](mailto:jandemolloy@gmail.com)

### 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](mailto:cheshireofficials@gmx.com) or Debbie Beresford [dberesford@englandathletics.org](mailto:dberesford@englandathletics.org)

**England Athletics NW Club Conference** - Friday 4 April, Longford Park. This conference is an opportunity for clubs to come together to discuss challenges, important issues and the future for athletics clubs in England. Discussion groups will be led by members of the EA Regional Council and members of the EA executive team will be on hand to answer questions.

To register contact [clubconference14@englandathletics.org](mailto:clubconference14@englandathletics.org) with your name, club and your role within your club.

### 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 – Heaton Pk, Manchester\*  
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\***)  
20 Sept. NA 6 and 4 stage road relay and YA championships, Birchwood  
21 Sept. **Guilden Sutton Six 10K, Chester\***  
28 Sept. **Macclesfield half marathon and 5K\* (GP – 7)\***  
5 Oct Chester Marathon  
1 Nov. Langley 7  
7 December Stockport 10mile including NA championships  
26 December **"Round the Walls", Chester\***  
28 December Ribble Valley 10K including NA championships

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

##### 2014

8 March CAU X-C Cofton Park, Birmingham  
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)

### National Cross Country Championships - 2 February, Wollaton Park

**Congratulations to Harriet Knowles-Jones**, Warrington AC – who was third in the U17 Womens' race with Vale Royal gaining 7<sup>th</sup> team position. Vale Royal Royal's junior women claimed third team prize – A Pettitt (13<sup>th</sup>)/K Moulds/E Pyatt. Katie Brough, Vale Royal finished fourth in the Senior Women's event helping her team to 6<sup>th</sup> position. Other top 20 individual positions were Kate Lowery, Macclesfield (U15 girls), Josh Betteley, Crewe & Nantwich in U15 Boys and Sam Whitehead in the U17 men's race. Wilmslow and Macclesfield both finished complete teams in the senior men's 6 to count and 9 to count competitions.

### **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.

### 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  
14-15 Jun NA Senior and U20 T and F Championships  
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  
2 August NA Inter-Counties Championships, Derby  
9 August Northern League, Round 4  
16-17 August NA U17 and U15, T&F Championships, Wigan  
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 ESAA 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: 1<sup>st</sup> – Long Jump / 60m Hurdles – 2nd  
K Baker, West Cheshire: 1<sup>st</sup> Shot Putt

### NA U15 and U13 Indoor Championships

Congratulations to:

F Taylor-Williamson, Warrington: U15 Boys – 2<sup>nd</sup> 200m / 3<sup>rd</sup> 60m

### RACE WALKING - Cath McGrath of West Cheshire AC and a UKA

Licensed Coach for race walking can be contacted by email: [cathmcgrath@btinternet.com](mailto: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](http://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](mailto:panmaallen@googlemail.com).

The Cheshire Schools' Athletic website is now up and running with all the latest news and view about all aspects of schools' athletics in Cheshire. Check in to obtain information and dates of events and for names and contact details of committee members and district secretaries.

#### The Cheshire and Merseyside Athletics Network

The Network has been a sub-committee of Cheshire County AA since 31<sup>st</sup> March to enable it to continue into the future. Contact Andy Garnett by email on [andy.garnett@amec.com](mailto: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](mailto: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.

##### England Athletics/British Athletics Coaching Masterclass Series

Classes run from 6.45 - 8.30pm with registration, tea and coffee from 6.15pm.

Speed – Clarence Callendar – 4 March at Eastlands

Hurdles – Steve Mitchell – 21 March at Eastlands

##### 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.

##### Local Coach Development Programme

12.3.14	Throws Workshop 10.00 am - 4.00pm	Edge Hill University, Ormskirk	FREE
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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](http://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](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).

DBS application forms are available from **Jane Fylan**, UK Welfare Co-ordinator. T: 0161 223 4246 or email at [jfylan@uka.org](mailto:jfylan@uka.org).

##### Officials' Courses - 2014

The Cheshire Officials' Secretary is **Alan Morris**. He can be contacted at [alanmorris@madasafish.com](mailto:alanmorris@madasafish.com)

**Sarah Friday** 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):

[jandemolloy@gmail.com](mailto:jandemolloy@gmail.com)