

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER November 2014

Editor : Ellen Molloy jandemolloy@gmail.com

We are sorry to report that Peter Allen of Halton & Frodsham Harriers, died aged 80 while in hospital on Sunday, 25th October. Peter will be well known to many in athletics as he was a highly respected time keeper and, until recent months, was seen at many track and field meetings as well as cross country events and road races in previous years. He was actively involved in several roles in his club and also with the Cheshire County Athletics Association of which he was a Vice President and acted as Vice-chairman for several years. We express our condolences to Marian and his family.

Note: Peter's funeral will be held on Monday 10 November at 11.00am, at Walton Lea Crematorium, Chester Road, Warrington WA4 6TB. No flowers by request, donations to a charity of the family's choice, details of which to be confirmed.

NA Open Meeting and N League AGM will be held on 15 November at 11:30am at Longford Park, Trafford.

The **AGM of the Cheshire League** will be held on 10 December at Frodsham Community Centre, commencing 7.30pm .

Congratulations to **Mike Lamb (West Cheshire AC)** who was one of the two Volunteer of the Year winners in the annual England Athletics North West awards.

FIXTURES - Road and MT

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

2014

7 December Stockport 10mile including NA championships

7 December **Tatton Yule Yomp, MT***

26 Dec. **"Round the Walls", Chester ***

28 Dec. Ribble Valley 10K including NA championships

2015

28 March NA 12 and 6 stage RR Championships

5 April National 12-stage Men / 6-stage Women RR, Birmingham

We would appreciate dates for other events proposed to be held in Cheshire. NOTE: Please send to the Editor and not to the Distributor.

In the **National Road Relays at Birmingham**, Warrington AC Undere 13 Boy's team of Lucas Hayes, Sam Evans and Jordan Jones ntook silver medals, with Sam recording fastest leg time overall. In the Undere 15 Boys evenr, Warrington AC in 17th place finished just 4 seconds ahead of the Vale Royal team. In the Under 17 Men's race, Vale Royal were 9th and in the Under 17 Women's event, Warrington AC were 12th with Harriet Knowles-Jones running the fastest leg overall by 29 seconds.

The previous day in the senior events, the Vale Royal men's team were 22nd of the 77 teams taking part in their 6 stage event, with Elliott Bowker running the 8th fastest leg time overall. In the women's 4 stage event, the Vale Royal AC team were 9th overall.

CROSS COUNTRY FIXTURES

2014

8 November Manchester Area X-C League

29 November L&D X-C Round 2

6 December Manchester Area X-C League

13 December L&D X-C Round 3

2015

3 January Cheshire Cross Country Championships, Bolesworth Estate

10 January Manchester Area X-C League

24 January Northern Athletics Cross Country Championships, Pontefract

14 February Manchester Area X-C League

21 February ECCA National Championships, Parliament Hill Fields

7 March Inter-Counties Cross Country, Cofton Park

NA Cross-Country Relays at Sheffield on 18 October

U11 girls: 2nd Warrington AC – A Nemits, M Evans, M Wormald

U13 boys: 1st Warrington AC – A Hayes, J Jones, S Evans

U15 boys: 2nd Vale Royal AC - A Dight, H Dexter, B Lee

Sen. & Vet Men: 2nd Warrington AC – C Field, L Burthem, M Jones, M Wigglesworth.. In the absence of his other team members, Rob Downs ran all 4 legs of the men's event for Wilmslow, with the agreement of the organisers on the understanding that the "team" would be disqualified.

TRACK and FIELD FIXTURES

2014

8 November NA Indoor Open - 1

6 December NA Indoor Open - 2

6 December ESAA Indoor CE Events, International, Glasgow

2015

10-11 Jan. England Sen./U20 Indoor CE Championships

17-18 Jan. NA Sen./U20/U17 Indoor Championships, Sheffield

1 February NA U15/U13 Indoor Championships, Sheffield

7-8 February British Indoor T&F Championships, Sheffield

1-2 March EA 20/U17/U15 Indoor Championships, Sheffield

14-15 March England U17/U15 CE Championships, Sheffield

13-14 June NA Senior and Junior Championships, Manchester

27 July NA I-C Championships, Blackburn

15-16 August NA U17 and U15 Championships

CONGRATULATIONS to Crewe and Nantwich AC for finishing first in both the Mens and Womens Cheshire League. Macclesfield were first in the U11 category, with Crewe winning overall.

Sportshall Athletics – NW League

2014

16 November Round 2 – Widnes and Crewe

7 December Round 3 – Widnes and Deeside

2015

25 January NW League Final, Widnes

RACE WALKING - contact **Cath McGrath**, West Cheshire AC, UKA Licensed Coach can be contacted by email: cathmcgrath@btinternet.com if anyone wishes to take up the sport.

Get interactive with UKA – check out all the latest news, views, blogs and videos. Connect on Facebook, Twitter and YouTube.

Contact Marian Allen for information and help about UKA Standards. She can be reached on panmaallen@googlemail.com.

Check in to the **Cheshire Schools' Athletic website** for all the latest news and views on all aspects of schools' athletics in Cheshire, plus information, dates of events and for names and contact details of committee members and district secretaries. www.cheshireschoolsaa.co.uk

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.

COACHING

SPORT CHESHIRE: SPORTS COACH COURSES

To book courses please telephone 01606 330212 – no information received.

Local Coach Development Programme - contact Sarah Friday (see over)

Youth Endurance Training 16th November at Edge Hill

Teaching Your Athlete to Hurdle 29th November at Eastlands

Training for the Marathon 25th January at Edge Hill

Progressing from LiRF to CiRF 22nd February at Eastlands (more details to follow)

Disability Inclusion Training 22nd February at Eastlands (more details to follow)

Shot & Discus: Moving on from the Standing Throw 21st March at Eastlands (more details to follow)

In addition to this clubs and coaches can request flying coach visits which will allow for more specific development requests to take place locally at no cost to you at a convenient time and venue.

Leading Athletics **New course for 14+. Leaders will be able to lead sessions unassisted but still under the DIRECT supervision of a qualified athletics coach as long as they stick within the remit of the published, standard sessions and task cards**

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 for the 2014 programme via the brand's Facebook page www.facebook.com/GilletteUK and then click on Gillette Great Start Programme for more information

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.

LEADERSHIP IN RUNNING FITNESS - £150/£130.00			
13.12.14		One day	Eastlands
ATHLETIC LEADER AWARD - £130/£95			
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £400.00			
29.11.14		Assessment day	
COACHING ASSISTANT - £225/£165			
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. £400/£250			
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
LEADING ATHLETICS *** £50 / £30			
16.11.14	NC0311	3 hour course	Eastlands
13.12.14	NC0612	3 hour course	Eastlands
29.3.15	NC0614	3 hour course	Eastlands

*** This is an exciting new course for those who wish to lead athletics activities for young athletes. The minimum age to take part is 14.

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.

DBS 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 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 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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