

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER September 2014

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

The County AA are in discussions with the owners of a potential venue for the 2015 cross-country Championships to be held in early January 2015.

NOTE: The next CCAA Committee Meeting will be held on 9 September, at the Knights' Grange pub, Winsford at 6.00pm.

NA Open Meeting and N League AGM will be held on 15 November – further details to follow.

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

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

#### **2014**

7 Sept. **South Cheshire 20 mile \***  
13 Sept. North West road relays, Woodbank Park, Stockport (**includes Cheshire Championships\***)

20 Sept. Northern Athletics 6/ 4 stage and YA Road Relays, Birchwood\*  
**Hosts : Spectrum Striders who are requesting help with marshalling from members of Cheshire clubs – offers to Julian Spencer (julianspencer@btinternet.com)**

21 Sept. **Guilden Sutton Six 10K, Chester \***

21 Sept. English half marathon, Warrington

28 Sept. **Macclesfield half marathon and 5K\* (GP – 7) \***

4 October ERRA 6 and 4 stage road relays, Birmingham

5 October ERRA Young Athletes' relays

5 October Chester Marathon

5 October **Congleton half and quarter marathon \***

1 November **Langley 7, Macclesfield \***

2 November Abergele 5 mile, representative match \*\*

**\*\* Cheshire v North Wales v Staffordshire - Cheshire teams will be selected from those Cheshire qualified runners who have pre-entered by 19<sup>th</sup> October. Entry details, etc can be found at <http://www.abergeleharriers.co.uk/The5.htm>**

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

NOTE: HELP is required for the NW Relay championships on 13 September. Please contact David Brown.

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

### **FELL RUNNING**

#### **CROSS COUNTRY FIXTURES**

##### **2014**

18 October Northern Athletics Cross Country Relays, Sheffield

25 October L&D X-C Round 1

29 November L&D X-C Round 2

13 December L&D X-C Round 3

##### **2015**

3 January Cheshire Cross Country Championships

24 January Northern Athletics Cross Country Championships, Pontefract

21 February ECCA National Championships

#### **TRACK and FIELD FIXTURES**

##### **2014**

5 Sept. UK School Games, Manchester

7 Sept. Cheshire League Round 4

14 Sept. Cheshire Junior Combined Events Championships, Macclesfield  
**forms are available to download on the Cheshire website**

20-21 Sept. ESAA CE and Race walk Championships, Boston

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

1 February NA U15/U15 Indoor Championships

7-8 February British Indoor T&F Championships

14-15 March England U17/U15 CE Championships

13-14 June NA Senior and Junior Championships, Manchester

27 July NA I-C Championships, Blackburn

15-16 August NA U17 and U15 Championships

#### NA U17/U15 Championships Wigan 16-17 August

F Taylor-Williamson, Warrington, U15B – 1<sup>st</sup> 100m; 1<sup>st</sup> 200m

K Chadwick, Sale, U15G – 1<sup>st</sup> 100m, 2<sup>nd</sup> 200m

I Griffin-Morris, West Cheshire, U15G – 2<sup>nd</sup> Discus

E Howe, West Cheshire, U15G – 3<sup>rd</sup> Javelin

C Meakin, Warrington, U17M – 2<sup>nd</sup> 100mH

M Pagan, West Cheshire, U17M – 1<sup>st</sup> 400m

J Brown, Vale Royal, U17M – 2<sup>nd</sup> 800m

L Greenwood, Vale Royal, U17M – 2<sup>nd</sup> Javelin

M Counties U17/U15 Championships, Leicester 16-17 August

E Ball, West Cheshire, U17L – 1<sup>st</sup> Shot Putt; 2<sup>nd</sup> Discus

#### **European Masters T&F Championships**

Held in Izmir, Turkey, there was success for Cheshire athletes. John Nicholls, who has won the Cheshire title on many occasions, won the European gold medal in the M45 age group shot put. Ashley Pritchard (Macclesfield) was placed 5<sup>th</sup> in the M35 age group discus with a seasons best and 7<sup>th</sup> in the decathlon.

#### **Sportshall Athletics – NW League**

##### **2014**

12 October Round 1 – Widnes and Crewe

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](mailto: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](mailto: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](http://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 Shubbrook on 01606 814441 or on [tom.shubbrook@sportcheshire.org](mailto:tom.shubbrook@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**

Coaching information Northern Coaching Conference is on 27 September at University Academy, Keighley, W Yorks BD20 6EB. The workshop programme will include event group and run leader workshops and generic topics led by experienced and inspiring deliverers. Bookings will open in early July, with an early bird rate of £30 until 15 August. Watch this space to book your place! <http://www.englandathletics.org/coaching-conferences>

#### SPORT CHESHIRE: SPORTS COACH COURSES

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

**Flying Coach sessions** – contact Sarah Friday

## Local Coach Development Programme

**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](http://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/](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			
13.9.14	NC0533	One day	Eastlands
20.9.14		One day	Stanney Oaks
26.10.14	NC0568	One day	GMP S&S Club, Haugh End
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			
11-12.10.14	NC0567	Two days plus assessment day	GMP S&S Club, Haugh End
29.11.14		Assessment day	
COACHING ASSISTANT - £225/£165			
13-14.9.14	NC0625	Days 1 and 2	Eastlands
4-5.10.14	NC0630	Days 1 and 2	MMU, Crewe
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. £400/£250			
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			
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](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)