

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

August 2014

Editor : Ellen Molloy 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.

Please also note that the prospectus and entry forms for NA T&F Championships are also on-line (check Northern Athletics website).

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

John Young Award 2014

Congratulations to Alan Morris, the County Officials Secretary, on the John Young award for 2014 for services to athletics in Cheshire. Alan has been involved with athletics in Cheshire for many years both as a competitor (gaining a Home Counties vest for his native Wales in the annual Masters Home Counties cross country match) and as an organiser and technical official. He currently operates as the Cheshire County Officials Secretary aiming to increase the number of qualified officials within the County and to provide training in the use of "new technology" such as EDM measurements in field events.

FIXTURES - Road and MT

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

2014

- 6 August **Pie and Peas MT, Winsford ***
17 August **Birchwood 10K (GP – 6) ***
20 August **Capenhurst 5K***
29 August **South Cheshire H 5K series, Queen's Pk, Crewe – 3 ***
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 19th October. Entry details, etc can be found at <http://www.abergeleharriers.co.uk/The5.htm>**
7 December Stockport 10mile including NA championships
26 Dec. **"Round the Walls", Chester ***
28 Dec. Ribble Valley 10K including NA championships
2015
28 March NA 12 and 6 stage RR Championships

Race 5 Cheshire GP – Wizard 5

Men: S Doyle, Vale Royal AC; P Speake Wilmslow RC; D Nicholls Wilmslow
Team: Wilmslow, South Cheshire Harriers, Macclesfield Harriers
Ladies: D McVey, Wilmslow; L Candioli, Spectrum Striders; K Readman- Gill, Macclesfield
Team: Wilmslow, Macclesfield, Spectrum Striders

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

- 2 August NA U15 and U17 Inter-Counties Championships, Derby
IMPORTANT NOTE: Cheshire will not be sending a team as no manager could be found.
9 August Northern League, Round 4
16-17 August NA U17 and U15, T&F Championships, Wigan
note: entry form and prospectus available to download
23-24 August CAU, Bedford
30 August Northern League Division 2 Promotion Match
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

Cheshire Minors Inter-County Match with Merseyside was held at Bebington Oval on 8 July. The boys' and girls' teams won both the track and field competitions with Cheshire winning overall.

English Schools' Championships at Birmingham 11-12 July – top three places for Cheshire athletes:

M Willis Wrexham 2nd JB 1500m; M Pagan West Cheshire, 2nd IB 400m; E Bowker Vale Royal 2nd SB 3000m; K Chadwick Sale 3rd JG 100m; C McAulay Warrington 1st IG 800m; A Hinchly Vale Royal 3rd IG 1500m; H Knowles-Jones Warrington 1st IG 3000m; C Esegbona City of Stoke 3rd IG 300mH; A Williams Sale 3rd IG T Jump; O Montez-Brown West Cheshire 2nd SG L Jump.
Note that Harriet Knowles-Jones' win was a Championship record by nine seconds.

SIAB International Match at Cardiff 19 July: M Pagan West Cheshire, 3rd U17 400m; C McAulay Warrington, 1st U17 800m; H Knowles-Jones Warrington; 1st U17 3000m.

Cheshire County Relay Championships held at Warrington on 16 and 23 July: below are first places only – all results and times can be found on the County website. Thank you to Warrington AC for hosting and to all officials and helpers.

RESULTS:

U11G 4x100m Crewe & Nantwich; U11G 3x600m C&N; U13G 4x100m C&N
U13G 3x800m West Cheshire; U15G 4x100m W Ch.; U15G 3x800m Warrington; U15G Medley Halton & Frodsham; U17L 4x100m Warr.; U17L 3x800m Warr.; U17L Medley Warr.; SL 4x100m W Ch.; SL Medley Stockport (guests); U11B 4x100m H&F; U11B 3x600m C&N; U13B 4x100m W Ch.; U13B 3x800m Warr.; U15B 4x100m W Ch.; U15B 3x800m H&F; U15B Medley W Ch.; U17M 4x100m C&N; U17M 3x800m C&N; U17M Medley C&N; SM 4x100m H&F; SM Medley Stockport (guests).

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.

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.

Cheshire Schools' Athletic website is now up and running with all the latest news and views on 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. 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

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 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			
13.9.14	NC0533	One day	Eastlands
13.9.14		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			
15-16.9.14		Days 1 and 2	Eastlands
15-16.9.14		Days 1 and 2	Robin Park Arena
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
14-15.9.14		Days 1 and 2	Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			

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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