

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

July 2014

Editor : Ellen Molloy jandemolloy@gmail.com

The County are seeking a venue/host club 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).

COMMONWEALTH GAMES 2014, Glasgow

Two Cheshire athletes have been selected for the same event, but for different Countries. The event is the Women's 4x100m Relay in which Hayley Jones is part of the England squad and Lucy Evans is in the Welsh squad. Congratulations to both.

FIXTURES - Road and MT

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

2014

- 2 July Forest Park Ladies 5K*
- 10 July Wizard 5ml MT, Alderley Edge (GP - 5)*
- 19 July NOTE - Burtonwood 5 mile* - CANCELLED
due to cost of imposed Traffic Management requirements
- 25 July South Cheshire H 5K series, Queen's Pk, Crewe- 2*
- 27 July Great Warford 10 mile
- 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 ** (see below)
- 7 December Stockport 10mile including NA championships
- 26 Dec. "Round the Walls", Chester*
- 28 Dec. Ribble Valley 10K including NA championships
- ** Cheshire v North Wales v Staffordshire - Cheshire teams will be selected from pre-entered runners a week or so before the race. Further details to follow in due course.

2015

- 28 March NA 12 and 6 stage RR 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

Congratulations - England's Senior Womens' team retained the Karrimor Challenge Cup, with Jayne Joy of Helsby finishing in third position. Jayne was also seventh again running for an England team in the Whinlatter Forest European Trials race on 14 June.

CROSS COUNTRY FIXTURES

2014

- 18 October Northern Athletics Cross Country Relays, Sheffield

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

- 6 July Cheshire League Round 3
- 8 July I-C Minors T&F Championships, Bebington - note change of date and venue
- 11-12 July ESAA T&F Championships, Birmingham
- 13 July Northern League Round 3
- 16 July County track relay Championships, Part 1, Warrington
- 19 July ESAA T&F International match, Cardiff
- 19 July UK YDL Lower Round 4
- 23 July County track relay Championships, Part 2, Warrington
- 27 July UK YDL Upper Round 4
- 2 August NA U15 and U17 Inter-Counties Championships, Derby
- 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 September UK School Games, Manchester
- 7 September 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

Erratum: CBP at the County Championships in May - Emma Howe's winning javelin throw was 37.09m and not 28.75m, as stated in the last newsletter.

NA Senior and U20 results

J Webster, Warrington - 3rd U20 men 400m hurdles
Alice McMahon, West Cheshire - 2nd U20 ladies 100m and 200m
Debbie Baker, West Cheshire - 1st U20 Ladies shot
David McKay, West Cheshire - 2nd SM Javelin

NORTHERN INTER-COUNTIES U15/U17 T&F Championships, Derby, 2nd August : PLEASE NOTE : Unfortunately Debbie Baker is unavailable to act as team manager, therefore Cheshire require a team manager for this Inter-Counties meeting. A volunteer would be gratefully accepted.

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.

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 Shubbrook on 01606 814441 or on 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.

TRAINING

SPORT CHESHIRE: SPORTS COACH COURSES

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

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>

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**

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 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			
5.7.14	NC0585	One day	Macclesfield
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			
5-6.7.14	NC0535	Days 1 and 2	Eastlands
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			
July 14 (tbc)	NC0496	Assessment day	Eastlands
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

Road Traffic Management courses are being held on 28 June at Eastlands and also on 5 July (also Eastlands) for those with a licence requiring renewal.

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):

jandemolloy@gmail.com