

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

June 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.

The date of the next CCAA Committee meeting is on Monday 16 June at Knights Grange, Winsford. All Clubs are welcome to attend.

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

FIXTURES - Road and MT

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

2014

- 15 June Sport in the Port 10K & 5K, Ellesmere Port
15 June Warrington 5K
20 June **Tattenhall Tough Team Race***
21 June **Lymm 5K***
26 June **Warrington RR 10K (GP - 4)***
27 June **South Cheshire H 5K series, Queen's Pk, Crewe- 1***
2 July **Forest Park Ladies 5K***
10 July **Wizard 5ml MT, Alderley Edge (GP - 5)***
19 July Burtonwood 5 mile *
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
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 **
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

Congratulations to **Katie Brough** of Warrington who has earned a GB and NI vest. Katie will compete in the 2014 European Cup 10,000m to be held at Skopje on 7 June.

Cheshire RR GP race 3 - Christleton 5K, 23 May.

A fast race as expected with many running faster than their form. Chris Perery (Vale Royal) was first Cheshire club male in under 15 minutes, followed by Damian Nicholls and Petr Speake, both Wilmslow. South Cheshire narrowly won the mens team race from Wilmslow and Vale Royal. Diane McVey (Wilmslow) was first Cheshire club female, with Lusia Candioli (Spectrum) 2nd and Zoe McLeilan (Chester Tri 3rd). Wilmslow had a clear margin in the female team race over Vale Royal and South Cheshire.

The handicap prizes were won by Chrois Griffiths (Vale Royal) and Sally Gilliver (Wilmslow), while Carl Hanaghan (Macclesfield) leads the handicap points table after 3 races.

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

CAU Fell running Champs results are here... <http://www.race-results.co.uk/results/2014/fra.htm>

The star of the show was **Jayne Joy of Helsby RC** (who also happens to be the Cheshire XC Champion). Jayne finished sixth, and has since been informed that she has been selected to compete for England. She will compete for the English team at the Karrimore event on 1 June and for the English B team at Whinlatter Fell on 13 June. **Congratulations.**

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
1 February ECCA National Championships

TRACK and FIELD FIXTURES

2014

- 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&F Champs., see note below
15 June Cheshire League Round 2
21 June Mason Trophy, Juniors/Inters, I-C match Birmingham
22 June UK YDL Lower Round 3
24-25 June England Senior/U20 Championships
25 June Cheshire Minors T&F Championships, Warrington
28-29 June ESAA Combined Events, Regional round, Stoke
29 June UK YDL Upper Round 3
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
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 U15 and U17 Inter-Counties Championships, Derby
9 August Northern League, Round 4
16-17 August NA U17 and U15, T&F Championships, Wigan
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
20-21 Sept. ESAA CE and Race walk Championships, Boston
18 November NA Indoor Open
6 December NA Indoor Open
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 Feb. England U17/U15 CE Championships

The County Championships were held at Macclesfield this year with a good turn out over the two days; some events and age groups were more popular than others. Sadly, in some events no competitors were declared. Apologies if this applies to you, but at the time of 'going to press' I am unaware if any of the results were new County records. Male and female athletes' awards are listed below.

Male Track Award went to Ewan Bradley of West Cheshire AC for his U13 boys 75m hurdles performance of 12.58 secs. The male field award was won by David McKay of West Cheshire AC for his winning javelin throw of 59.61m. The female track award was won by Lois McTiffin of Sale Harriers for her 150m performance of 20.8 secs. Emma Howe, also of West Cheshire was the

winner of the female field award for her magnificent throw in the u13 girls javelin event of 28.75m. Emma is coached by David McKay.

Congratulations to Olivia Montez Brown of West Cheshire AC who won a silver medal at the England Under 20 Combined Events Championships. Olivia achieved a new personal best total of 4583 points.

All Senior Cheshire T&F Championships winners should have been given a form for free entry to the corresponding event at the Northern Senior T and F Championships. Please check with your Clubs if this is not the case.

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

The Cheshire and Merseyside Athletics Network

The Network is now a sub-committee of Cheshire County AA since 31st March 2013 to enable it to continue into the future. Contact Andy Garnett by email on andy.garnett@amec.com or by phone 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

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.

National Coaching Conferences are to take place on 27-28 September – details to follow.

Flying Coach sessions – contact Sarah Friday

Local Coach Development Programme

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.

26.10.14	NC0568	One day	GMP S&S Club, Haugh End
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
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
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

LEADERSHIP IN RUNNING FITNESS - £150/£130.00			
5.7.14	NC0585	One day	Macclesfield
13.9.14	NC0533	One day	Eastlands