

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

May 2014

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

**The County are seeking a venue/host club for the 2015 cross-country Championships to be held in early January 2015.**

NOTE: Entry forms for the Track & Field County Championships are now available to download from the County web site. **Closing date for entries is 2 May.**

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**

18 May	Chester Half Marathon*
23 May	<b>Christleton 5K (GP – 3)*</b>
31 May	<b>Hollins Green 5K*</b>
15 June	Sport in the Port 10K, Ellesmere Port
15 June	Warrington 5K
20 June	<b>Tattenhall Tough Team Race*</b>
21 June	<b>Lymm 5K*</b>
26 June	<b>Warrington RR 10K (GP – 4)*</b>
27 June	<b>South Cheshire H 5K series, Queen's Pk, Crewe– 1*</b>
2 July	<b>Forest Park Ladies 5K*</b>
10 July	<b>Wizard 5ml MT, Alderley Edge (GP – 5)*</b>
19 July	Burtonwood 5 mile *
25 July	<b>South Cheshire H 5K series, Queen's Pk, Crewe– 2*</b>
27 July	Great Warford 10 mile
6 August	<b>Pie and Peas MT, Winsford*</b>
17 August	<b>Birchwood 10K (GP – 6)*</b>
20 August	<b>Capenhurst 5K*</b>
29 August	<b>South Cheshire H 5K series, Queen's Pk, Crewe – 3*</b>
7 Sept.	<b>South Cheshire 20 mile*</b>
13 Sept.	North West road relays, Woodbank Park, Stockport ( <b>includes Cheshire Championships*</b> )
20 Sept.	Northern Athletics 6/ 4 stage and YA Road Relays, Birchwood* Hosts : Spectrum Striders
21 Sept.	<b>Guilden Sutton Six 10K, Chester*</b>
21 Sept.	English half marathon, Warrington
28 Sept.	<b>Macclesfield half marathon and 5K* (GP – 7)*</b>
4 October	ERRA 6 and 4 stage road relays, Birmingham
5 October	ERRA Young Athletes' relays
5 October	Chester Marathon
1 November	<b>Langley 7, Macclesfield*</b>
7 December	Stockport 10mile including NA championships
26 December	<b>"Round the Walls", Chester*</b>
28 December	Ribble Valley 10K including NA championships
<b>2015</b>	
28 March	NA 12 and 6 stage RR Championships

### **Cheshire County Grand Prix results – after race 2 - Chester Spring 5 MEN**

D Nicholls, Wilmslow RC / P Speake, Wilmslow RC / S Doyle, Vale Royal AC

Team – Wilmslow, South Cheshire H, Vale Royal

Men Overall – D Nicholls, S Doyle, P Speake

Team Overall – Wilmslow, South Cheshire, Chester Tri

#### **WOMEN**

L Candioli, Spectrum / N Bird, Ellesmere Port RC / P Nimmo, Macclesfield

Team – Macclesfield Harriers, Spectrum, Wilmslow

Women Overall – L Candioli, K Readman, Macclesfield / J Ellis, Wilmslow

Team Overall – Wilmslow, Spectrum Striders, Chester Tri.

#### **HANDICAP**

Men – David Larkin (Macclesfield)

Women – Anife Turchin (South Cheshire H)

**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**

**18 May** Inter County Championships, Witton Park, Blackburn – date in last newsletter was incorrect

### **CROSS COUNTRY FIXTURES**

#### **2014**

18 October Northern Cross Country Relays, Sheffield

#### **2015**

3 January Cheshire Cross Country Championships

24 January Northern Cross Country Championships

1 February ECCA National Championships

### **TRACK and FIELD FIXTURES**

#### **2014**

3 May	UK YDL Lower Round 1
4 May	Northern League Round 1
11 May	Cheshire League Round 1
17-18 May	Cheshire AA and GMAA T&F Championships, Macclesfield
31 May	UK YDL Lower Round 2
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 and F Championships
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
3 July	I-C Minors T&F Championships, Cheshire Oaks
6 July	Cheshire League Round 3
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 Young Athletes 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
30 August	Northern League Division 2 Promotion Match
5 September	UK School Games, Manchester
7 September	Cheshire League Round 4
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
<b>2015</b>	
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

**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](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).

**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](http://www.cheshireschoolsaa.co.uk)

**The Cheshire and Merseyside Athletics Network**

The Network is now a sub-committee of Cheshire County AA since 31<sup>st</sup> March 2013 to enable it to continue into the future. Contact Andy Garnett by email on [andy.garnett@amec.com](mailto: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](mailto: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](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			
10.5.14	NC0532	One day	Eastlands
5.7.14	NC0585	One day	Macclesfield
13.9.14	NC0533	One day	Eastlands
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			
17-18.5.14	NC0534	Days 1 and 2	Eastlands
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			
10-11.5.14	NC0536	Check dates for days 3&4 before booking	Eastlands
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](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)

**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](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)