

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER

August 2015

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

**CHESHIRE COUNTY AA** require a new volunteer to look after the County medals. Bob Lynch who has carried out this job for many years is retiring from the job before the end of this year. It would be of great help if anyone who is willing to carry out this job is would work with Bob over the next few months to gain information about what is required. The 2016 stock of medals will need to be ordered well before the end of 2015 so that they are available for the cross country championships in January 2016.

**Interested persons please contact :** [honsecretary@cheshireaa.com](mailto:honsecretary@cheshireaa.com)

We have had no response so far!!

**Cheshire County AA are looking into improved communications with member clubs using a number of on-line methods. This will still include a "Newsletter". Ellen Molloy wishes to step-down from acting as the editor of the Newsletter after a number of years of providing this valuable service. Proposals will be discussed at the next County committee meeting on 5<sup>th</sup> October.**

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

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

#### **2015**

- 19 August **Ellesmere Port 5K\*** (held at Capenhurst)  
23 August **Birchwood 10K \***  
25 August **South Cheshire 5K, Queen's Pk, Crewe\***  
6 Sept. **South Cheshire 20 mile\***  
12 Sept. NW Road relays (**includes Cheshire championships**)  
at Edge Hill University, St Helens Road, Ormskirk.  
**NOTE : all clubs have been sent entry details – on-line entries only through [www.race-results.co.uk](http://www.race-results.co.uk)**  
13 Sept. Gawsworth 10K  
19 Sept. NA Road relay championships, Blackpool  
20 Sept. **Guilden Sutton Six 10K \* RRGF Race 5**  
27 Sept. **Macclesfield half-Marathon and 5K \***  
3 October ERRA Senior 6 and 4 stage relays, Sutton Park  
4 October ERRA Young Athletes' relays, Sutton Park  
4 October **Congleton Half Marathon \* RRGF Race 6**  
4 October Chester Marathon and Metric Marathon  
4 October Run Winsford 10K  
18 October Farndon 10K  
26 October **Halloween Hellraiser MT 9ml, Sth Cheshire H\***  
7 November **Langley 7 , nr Macclesfield \* RRGF Race 7**  
26 December **Chester "Round the Walls" \***

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

**Cheshire RR GP Race 4 :** the 4<sup>th</sup> of the 7 races was held in conjunction with the Pie & Peas MT race at Moulton, near Winsford, organised by Vale Royal AC. With home advantage, Vale Royal provided the first 5 males home and 4 of the first 5 females to finish. Not surprisingly Vale Royal AC won the men's team race from South Cheshire who had a 4 points margin over Wilmslow. Vale Royal won the female team race from Wilmslow and Helsby RC. Individually, Elliot Bowker was first male from Matthew Sheen, while Katie Brough was first female from Tessa McCormick.

Overall Overall South Cheshire lead the men's team table from Wilmslow and Vale Royal, while Wilmslow lead the women's team table from South Cheshire and Macclesfield. Individually Stuart Doyle (Vale Royal) leads the men's table from Peter Mallison and David Phillips (both South Cheshire) and Katie Latham (South Cheshire) leads the women's table from Diane McVey (Wilmslow RC) and Susan Poole (South Cheshire).

### **CROSS COUNTRY FIXTURES**

#### **2015**

- 17 October NA X-C relays, Sheffield.  
31 October ECCA relays, Mansfield

#### **2016**

- 9 January Cheshire Cross Country Championships, Reaseheath

### **FELL RUNNING**

#### **2015**

- 17-18 Oct. Fell and Hill relay championship

### **TRACK and FIELD FIXTURES**

#### **2015**

- 15-16 August NA U17 and U15 Championships, Middlesbrough  
**22 August NA U17 and U15 Inter Counties Championships, Blackburn**  
29-30 August U17 and U15 Championships  
5 September Northern Athletics 10,000m championship, Trafford  
6 September Cheshire League Round 4  
13 Sept. Cheshire YA CE Championships  
19-20 Sept. ESAA CE Championships, venue tbc  
5 December ESAA CE International, Glasgow

### **Podium places for Cheshire athletes at this year's English Schools' event**

E Bowker, 2<sup>nd</sup> SB 3K, M Pagan; 2<sup>nd</sup> SB 400m; J Brown, 3<sup>rd</sup> SB 800m; G Hyde, 2<sup>nd</sup> JG Shot Putt; C Esegbona, 1<sup>st</sup> JG 300mH; K Lowery, 2<sup>nd</sup> IG 1500m; I Griffin-Morris, 2<sup>nd</sup> IG Discus; A Pratt, 1<sup>st</sup> SG 1500m s/c; S Percival 3<sup>rd</sup> SG Javelin; E Howe, 2<sup>nd</sup> JG Javelin.

Congratulations to Cheshire Schools on winning the Group B Trophy; probably their best ever performance.

**Congratulations** to Isobel Griffin-Morris who represented England at the Schools' International at Grangemouth, where she finished second in the IG Discus.

**Olivia** Montez-Brown helped England U20 women's to a team gold at the Hexham CE International, amassing a new points PB in the process.

**Harriet Knowles-Jones** was fourth in the World Youth Games 1500m in Colombia.

**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.

**Cheshire Club List** – notify changes to Mike Lamb of West Cheshire AC, who has taken over responsibility for keeping the list up to date

Check the **Cheshire Schools' Athletic website** for the latest news and views on all aspects of Cheshire Schools' Athletics' plus information, events dates, plus 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)

### **COACHING**

#### **SPORT CHESHIRE: SPORTS COACH COURSES**

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

**AthleAcademy** - AthleAcademy is the new leadership academy scheme available to England Athletics registered athletes. England Athletics is looking to create, develop and inspire the next generation of volunteers who will not only help support the development of the sport, but also gain new invaluable skills that they will be able to take into their life outside of Athletics. The new "AthleACADEMY" scheme will provide registered athletes aged 14+ with an opportunity to learn about the various roles available within the sport, from coaching to volunteering and from club management to media and promotion via the completion of Bronze, Silver and Gold award within 5 areas unique areas. They will be provided with their own workbook to log their hours and record their progression. Visit [www.athleacademy.org](http://www.athleacademy.org) for more information.

### **Local Coach Development Programme**

Contact Sarah Friday, Club & Coach Support Officer, EA North, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2BE.M 07912 070640 F 0161 223 5588 W [www.englandathletics.org](http://www.englandathletics.org)

### **uCoach**

A reminder that uCoach is the online resource for athletics coaches in the UK. The uCoach website has the coach in mind – a one-stop shop for coaches to

access information about coach development, coaching qualifications, events, news and coaching resources. The website includes an article library, video, audio, documents, photos, blogs, interviews and more - suitable for all levels of coaches. Information is continuously and frequently added and usually available to all UK users or those outside the UK via login.

uCoach can be found at [www.ucoach.com](http://www.ucoach.com)

**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\*\*.

#### 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 - £155/£135.00			
10.10.15	NC0645		Eastlands
25.10.15	NC0657		Hough End, Manchester
23.1.15	NC0720		Eastlands
ATHLETICS AWARD – Ages 14+ £30			
ATHLETIC LEADER AWARD - £130/£95			
COACH IN RUNNING FITNESS - you must attend all four sessions to complete the course. £250.00			
11-12.10.15	NC0658	Day 1 and 2	Hough End, Manchester
28.11.15	NC0658	Day 3	
26.3.16		Assessment day	
COACHING ASSISTANT - £230/£170			
26-27.9.15	NC0646		Eastlands
14 & 21.11.15	NC0713	NB - 2 Saturdays	Robin Park
28-29.11.15	NC0719		Eastlands
21-22.2.16	NC0722		Eastlands
ATHLETIC COACH AWARD – you must attend all four sessions to complete the course. Cost includes all modules and assessment. £410/£250			
10.10.15	NC0637	Assessment day	
9-10.5.15	NC0642	Day 1 and 2	Eastlands
20.6.15	NC0642	Day 3	
10.10.15	NC0642	Assessment day	
26.-27.9.15	NC0643	Day 1 and 2	Eastlands
28.11.15	NC0643	Day 3	
20.2.16	NC0643	Assessment day	
28-29.11.15	NC0718	Day 1 and 2	Eastlands
23.1.16	NC0718	Day 3	
2.4.16	NC0718	Assessment day	
20-21.2.16	NC0723	Day 1 and 2	Eastlands
TBA			
TBA			
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
LEADING ATHLETICS *** £50 / £30			
23.1.16	NC0721		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 forms** are still available via UK welfare either by tel 0121 7123 8450 or email [dbs@uka.org.uk](mailto:dbs@uka.org.uk)

For online applications contact [www.englandathletics.org/DBS](http://www.englandathletics.org/DBS)

#### Officials' Courses - 2015

The Cheshire Officials' Secretary is **Alan Morris**. He can be contacted at [alanmorris@masafish.com](mailto:alanmorris@masafish.com)

Level 2 Endurance and Risk Awareness - Sport City  
NO0246 Sunday 27 September 2015 9.00am – 4.00pm

Road Traffic Course and Refreshers - Sport City  
NTM0014 Refresher only 27 September 2015 9.00 – 12 noon  
Please check for cost (affiliated/non-affiliated) 07920 532552

A level three officials course is being planned for 24 October 2015 at Alexander Stadium (date to be confirmed).

**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.

NOTE: Colin Allen is currently covering Sarah's role as CCSO across Cheshire and Greater Manchester for 2 days per week. Sarah is providing cover for Area Manager, Emma Davenport whilst she is on maternity leave. Contact Colin on [callen@englandathletics.org](mailto:callen@englandathletics.org). He will also be working on the LCD Programme and associated club and coach work.

#### 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)