

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

February 2015

Editor : Ellen Molloy jandemolloy@gmail.com

The **AGM of the Cheshire County AA** will be held on Monday 16th February 2015 at Knight's Grange, Winsford commencing at 7pm

Elections for EA Regional Councils will take place early in the year. Nominations must be made by 13 February. If you know of someone who may be interested then please nominate them for a place on your Council.

AthleAcademy - please draw the attention of your 14+ athletes to this paragraph.

FIXTURES - Road and MT

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

2015

1 February	Alsager 5
1 March	Tatton Park 10K
1 March	High Legh 10K *
8 March	Oulton Park Half Marathon and 10K
22 March	Wilmslow Half Marathon * RRG Race 1
28 March	NA 12 and 6 stage RR Championships
5 April	Air Products 10K, Crewe * RRG Race 2 (Easter Sunday)
15 April	Chester Spring 5 mile*
17 May	Chester Half Marathon
21 June	Sport in the Port 10K, Ellesmere Port RRGP Race 3
5 August	Pie and Peas race (date tbc)* RRG Race 4
14 Sept.	NA Senior RR, and Young Athletes' RR, venue tbc
20 Sept.	Guilden Sutton Six 10K * RRG 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
?? October	Congleton Half Marathon * (date tbc) RRG Race 6
7 November	Langley 7, nr Macclesfield * RRG Race 7
26 December	Chester "Round the Walls" *

Check out the Cheshire web site for listings on top 2014 and all-time performances for road runners in Cheshire.

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

CROSS COUNTRY FIXTURES

2015

14 February	Manchester Area X-C League
21 February	ECCA National Championships, Parliament Hill Fields
7 March	Inter-Counties Cross Country, Cofton Park
14 March	ESAA Championships, Blackburn
17 October	NA X-C relays
31 October	ECCA relays, Mansfield

2016

9 January	Cheshire Cross Country Championships
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Northern X-C Championships, Pontefract on 24 January

Conditions were extremely muddy underfoot but the day was bright and sunny. Harriet Knowles-Jones, Warrington won the U17 ladies race, with Tessa McCormick, Vale Royal coming home second in the junior ladies event.

The men's events saw Samuel Evans, Warrington finishing third in the U13 boys event, and in the U15 boys race E Roberts, West Cheshire was 8th. J Brown finished 10th in the U17 men's race, while Junior Man M Sheen, Vale Royal finished 8th.

Top ten finishes for Cheshire teams

U13 girls – 5th Macclesfield S Hislop, S Moss, L Robinson, S Williams; U15 girls – 8th Warrington L Ferris, M Bower, I Trevithick, A Gibbons; 9th Vale Royal C Dimmick, G Denham, Bridge, G Moreton; U17 ladies – 3rd Warrington H Knowles-Jones, J Dobson, E Smith, S McGrail; JW – 2nd Vale Royal T McCormick, A Pettitt, E Pyatt.

U13 boys – 3rd Warrington S Evans, J Jones, L Hayes. T Abbott; 5th West Cheshire – 5th S Dean, S Roberts, J Chapman, C Potts; U15 boys – Vale

Royal A Dight, H Dexter, A Waring, A Doyle; U17 men – 2nd Vale Royal J Brown, J Betteley, J Owen, J Chatten.

FELL RUNNING

2015

12 April	Mow Cop Fell Race http://www.mowcoprunner.com/Pages/MCHillRace.aspx
16 May	Inter-Counties Fell Running Championships, Betwys-y-Coed, Sen., U18, U16 - Cheshire runners interested in competing - information below
17-18 Oct.	Fell and Hill relay championships

The selection process for the Cheshire team is through Nick Bishop. He can be contacted on 07919 565904 or nick@nickbishopsolutions.co.uk. A trial race is to be held at the Mow Cop Fell Race * on 12 April. All wishing to be considered for selection, and meet the requisite County eligibility, please enter the race and advise Nick of your intention - either contact him direct or via your club representative or direct. A decision based on results will be made to determine the number selected. There may be places held back based on performances both in the trial and within previous race history/performance. Any clubs with suitable juniors and who are considered of the appropriate standard, should also let Nick know. No trial will be held for the juniors. Please contact him for further information.

We hope to build competitive Cheshire teams.

TRACK and FIELD FIXTURES

2015

10-11 Jan.	England Sen./U20 Indoor CE Championships
17-18 Jan.	NA Sen./U20/U17 Indoor Championships, Sheffield
1 February	NA U15/U13 Indoor Championships, Sheffield
7-8 February	British Indoor T&F Championships, Sheffield
1-2 March	EA 20/U17/U15 Indoor Championships, Sheffield
14-15 March	England U17/U15 CE Championships, Sheffield
18 April	YDL Upper Round 1
2 May	YDL Lower Round 1
3 May	Northern League Round 1
10 May	Cheshire League Round 1
16 May	TDL Upper Round 2
23/24 May	Cheshire T&F Championships , Stretford (joint with Greater Manchester)
30 May	YDL Lower Round 2
6 June	Northern League Round 2
13 June	Cheshire Schools Championships, Warrington

Please note change of venue from previous years

13-14 June	NA Senior and Junior Championships, Manchester
20 June	Schools' Inter-Counties, Birmingham
21 June	YDL Lower Round 3
24 June	Cheshire Schools Minors' Championships, Warrington
27-28 June	Schools' Regional Combined Events, Bebington
28 June	YDL Upper Round 3
5 July	Cheshire League Round 2
10-11 July	ESAA Championships, Gateshead
12 July	Northern League Round 3
18 July	YDL Lower Round 4
18 July	ESAA International Championships, venue tbc
26 July	YDL Upper Round 4
2 August	Cheshire League Round 3
8 August	Northern League Round 4
15-16 August	NA U17 and U15 Championships
22 August	NA U17 and U15 Inter Counties Championships, Blackburn
6 September	Cheshire League Round 4
19-20 Sept.	ESAA CE Championships, venue tbc
5 December	ESAA CE International, Glasgow

Senior and U20 CE Championships, 10-11 January, Sheffield

Junior Women – 5th Olivia Montez-Brown, West Cheshire

Junior Men – 9th James McMahon, West Cheshire

Senior/U20/U17 Championships, Sheffield, 17-18 January 2014

U17 Men F Williamson-Taylor, Warrington – 4th 60m, 4th 200m; C Meakin, Warrington 3rd 60m hurdles; O Lee, Warrington – 3rd 800m.

U17 Women G Barlow, West Cheshire 3rd 300m; K Chadwick Sale – 1st 200m, 1st 60m.

J Men M Wiglesworth, Warrington – 5th 800m.

J Women E Smith, Warrington – 2nd 1500m, 3rd 800m; O Montez-Brown West Cheshire – 1st 60m hurdles, 2nd L Jump; A Williams Sale – 1st L Jump.
S Women A Birkett, West Cheshire – 6th 400m; A Addis, C and N – 4th T Jump.
S Men A Howell, Sale – 2nd T Jump.

Stop press: Following on from Olivia Montez-Brown's success in the 60m hurdles, she has been invited to take part in the British Athletics Indoor Championships to take place at Sheffield over the weekend of 14-15 February.

Sportshall Athletics – NW League 2015

Congratulations

U11s - Cheshire girls were third and the boys were first at the NW FIA final held at Widnes on 18 January

NW League Finals – U11 boys U11 girls U13 boys U13 girls U15 boys U15 girls

RACE WALKING - contact **Cath McGrath**, West Cheshire AC, UKA Licensed Coach 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.

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

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

COACHING

SPORT CHESHIRE: SPORTS COACH COURSES

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

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

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 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

Progressing from LIRF to CiRF 22nd February at Eastlands (more details to follow)

Disability Inclusion Training 22nd February at Eastlands (booking now open)

Shot & Discus: Moving on from the Standing Throw 21st March at Eastlands (more details to follow)

In addition to this clubs and coaches can request flying coach visits which will allow for more specific development requests to take place locally at no cost to you at a convenient time and venue.

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			
15.3.15			Eastlands
20.6.15			Eastlands
ATHLETIC LEADER AWARD - £130/£95			
COACH IN RUNNING FITNESS - you must attend all three sessions to complete the course. £400.00			
COACHING ASSISTANT - £225/£165			
28-29.3.15			Eastlands
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. £400/£250			
28-29.3.15			Eastlands
9-10.5.15			Eastlands
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
LEADING ATHLETICS *** £50 / £30			
29.3.15	NC0614	3 hour course	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. 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 dbs@uka.org.uk

Officials' Courses - 2015

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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