

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

July 2015

Editor : Ellen Molloy 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

Rule Change Consultation

British Athletics have opened the consultation period for the 2016 rules which includes proposed changes for the age groups to come into line with the IAAF. Please visit our website for further information <http://www.englandathletics.org/england-athletics-news/rule-change-consultation-by-british-athletics>

NOTE – the AGM of the UKCAU is to be held at Bedford International Stadium on Saturday 1 August at the close of the day's events.

JOHN YOUNG AWARD 2015 for services to athletics in Cheshire.

The County Association presented the 2015 award to Sandra Littler, President of the Cheshire County Schools AA at the County Schools championships at Warrington on 13th June in recognition of her significant contributions to schools athletics in the County over many years. Sandra revealed that John Young, who was a PE teacher and heavily involved in the sport, had encouraged her to become involved with athletics in her initial teaching years and that she had studied with one of John's daughters before starting teaching.

FIXTURES - Road and MT

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

2015

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|-------------|---|
| 1 July | Forest Park Ladies 5K * |
| 9 July | Wizard 5 mile, Alderley Edge |
| 28 July | South Cheshire 5K, Queen's Pk, Crewe* |
| 5 August | Pie and Peas race * RRG Race 4 |
| 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;ine entries only through www.race-results.co.uk |
| 13 Sept. | Gawsworth 10K |
| 19 Sept. | NA Road relay championships |
| 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 |
| 4 October | Congleton Half Marathon * (date tbc) RRG Race 6 |
| 4 October | Chester Marathon and Metric Marathon |
| 4 October | Run Winsford 10K |
| 18 October | Famdon 10K |
| 7 November | Langley 7 , nr Macclesfield * RRG Race 7 |
| 26 December | Chester "Round the Walls" * |

GP Race 3 – Ellesmere Port 10K

South Cheshire H were the first men's team ahead of Wilmslow and West Cheshire and retain their overall lead. Wilmslow ladies won the women's team event ahead of Macclesfield and South Cheshire and also retain their lead. Individually Staurt Doyle (Vale Royal) was the first Cheshire male and now leads the men's event. Diane McVey (Wilmslow) was first Cheshire lady where Katie Latham (South Cheshire) and Janine Ellis (Wilmslow) share the overall lead.

In the handicap, Craig Curtis of Ellesmere Port won the men's prize and Helen Rose of Macclesfield the women's prize. After 3 races, Susan Poole (South Cheshire) leads the mixed (male + female) handicap points table from Katie Latham and Catharine Crossley (Macclesfield)

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

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|------------|------------------------|
| 17 October | NA X-C relays |
| 31 October | ECCA relays, Mansfield |

2016

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| 9 January | Cheshire Cross Country Championships |
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FELL RUNNING

2015

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| 17-18 Oct. | Fell and Hill relay championship |
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TRACK and FIELD FIXTURES

2015

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|------------------|---|
| 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 |
| 5 September | Cheshire 10,000m Championships, 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 |

Cheshire T&F Championships, Trafford 23-24 May

Apologies: Omitted from the list of winning athletes at the County Championships was Cameron Weaver of West Cheshire AC who won the U17m 3000m.

Congratulations to the following athletes, whose outstanding performances ensured they were winners of the Bertha Crowther Memorial individual trophies at the Track and Field Championships. They are based on the percentage time or distance in excess of grade 1 for the appropriate event.

Female Field winner - Lisa James, Sale: Senior Women Triple Jump, with a performance of 12.53m

Male Field Winner - George Hyde, West Cheshire: U15 boys Shot Putt, with a performance of 14.14m

Female Track Winner - Ellie Jackson, Sale: U15 girls 75m hurdles, with a performance of 11.6 seconds

Male Track Winner - Jacob Birtles, Halton and Frodsham: U15 boys 800m with a performance of 2.03.02 seconds

NA Senior/Junior Championships 13-14 June, Manchester

Cheshire athletes placed in the top three:

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| S Percival, West Cheshire – 2 nd U20W Javelin |
| M Robbins-Hulse, Trafford – 3 rd SW Triple Jump |
| J Brown, Vale Royal – 1 st U20M 800m |
| D McKay, West Cheshire – 2 nd SM Javelin |
| K Gerrard, Vale Royal – 1 st U20W 1500m |
| M Pagan, West Cheshire – 3 rd U20M 400m |
| C McAulay, Warrington – 1 st U20W 400m |

Cheshire Track Relays

Following discussion with the organisers and taking account of any replies received from the member clubs, the following has been decided:-The Junior Multi-events will take place as planned on Sunday 13th September at Macclesfield. (This will **not** include the track relays.) No Cheshire track relays will take place this year, as there is neither a suitable date nor a host club / venue. The intention for next year is for the county to organise and host a combined multi event and relay programme at one venue, with one set of officials and one set of costs. Discussions will take place after the current season.

World Youth Championships

Congratulations to Harriet Knowles-Jones (Sale H) on her selection for the 1500m event at these championships to be held in Cali, Colombia in mid-July

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.

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.

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**

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

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/
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 | | | |
|--|--------|--------------|-----------------------|
| 4.7.15 | NC0689 | | Macclesfield |
| 19.7.15 | NC0724 | | Wavertree |
| 10.10.15 | NC0645 | | Eastlands |
| 25.10.15 | NC0657 | | Hough End, Manchester |
| 23.1.15 | NC0720 | | Eastlands |
| ATHLETICS AWARD – Ages 14+ £30 | | | |
| 4.7.15 | NC0695 | 9.30 – 12.30 | Eastlands |

| 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 | | | |
| 4-5.7.15 | NC0663 | | Eastlands |
| 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 | |
| 5.7.15 | NC0694 | Assessment only | Eastlands |
| 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 | | | |
| 4.7.15 | NC0695 | | Eastlands |
| 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. 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 forms are still available via UK welfare either by tel 0121 7123 8450 or email dbs@uka.org.uk
For online applications contact www.englandathletics.org/DBS

Officials' Courses - 2015

The Cheshire Officials' Secretary is **Alan Morris**. He can be contacted at alanmorris@madasafish.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
NTM0013 Refresher only 19 July 2015 9.00 – 12 noon
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 M07912070640 or Claire - 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. 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