

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

June 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 :
honsecratory@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>

FIXTURES - Road and MT

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

2015

4 June Race 3 - Bowdon 5K
11 June Race 4 - Dunham Massey 5K
13 June **Hollins Green 5K* Race 5**
19 June **Tattenhall Tough Team Race ***
21 June Sport in the Port 10K , Ellesmere Port **RRGP Race 3**
25 June **Warrington Road Runners 10K***
28 June Colshaw Hall 10K
30 June **South Cheshire 5K, Queen's Pk, Crewe***
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 ERRRA Senior 6 and 4 stage relays, Sutton Park
4 October ERRRA 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 Farndon 10K
7 November **Langley 7 , nr Macclesfield * RRG Race 7**
26 December **Chester "Round the Walls"***

PLEASAE NOTE that the Great Warford 10 mile will not be held this year as the organisers do not have use of the start and finish area.

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.

After the first two races (Wilmslow half-marathon and Air Products 10K, Crewe) South Cheshire narrowly lead the men's team table from

Wilmslow and Macclesfield, while Wilmslow lead the women's table from South Cheshire and Macclesfield. Individually Stuart Doyle (Vale Royal) has a one point lead from Petrer Speake (Wilmslow) with Matt Smith (South Cheshire) third. Katy Green (Wilmslow) leads the women's table from Janine Ellis (also Wilmslow) with Katie Latham (South Cheshire) third.

The next race is on 21 June Ellesmere Port 10K

CROSS COUNTRY FIXTURES

2015

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

2016

9 January Cheshire Cross Country Championships

FELL RUNNING

2015

17-18 Oct. Fell and Hill relay championship
Several Cheshire runners took part in the FRA Inter-county championships at Bettws-y-Coed on May 16th. Cheshire finished teams in 4 age groups with the leading runners being Katie Clarke of West Cheshire (7th) and Chloe Broad (9th) in the U18 Womens event; Chris Larkin (Halton & Frodsham) 6th in the U16 Mens event; Laura Bestow (Vale Royal) 26th in the Senior Womens and Andrew Lamont (Macclesfield) 29th in the Mens event. Many thanks to Nick Bishop (Wilmslow) who put the teams together for Cheshire.

TRACK and FIELD FIXTURES

2015

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
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

Winning performances for Cheshire Athletes (note: all performances can be found on the GMAA web site)

U13 Boys: 200m B Robinson, Warrington; 75mH A Shaw, Warrington; 800m H Tegg, W Cheshire; Shot Putt E Tipping, W Cheshire; L Jump M Frith, Crewe and Nantwich; Javelin B Grinter, W Cheshire; H Jump H Muray, V Royal; Shot I Smith, W Cheshire; 100m M Houlden, Stockport; 1500m F Proffitt, Macclesfield;

U13 Girls: 75m A Pawlett, West Cheshire; 70mH A Pawlett, W Cheshire; 800m T O'Keefe, W Cheshire; Long Jump A Crayston, W Cheshire; **Shot E Tipping, W Cheshire – new Cheshire record**; High Jump L Jones, W Cheshire; Discus E Tipping, W Cheshire; Discus J Whelan, C&N; 150m E Tipping, West Cheshire; 1200m S Hislop, Macclesfield;

U15 Boys: 200m T Baines, Warrington; 80mH E Bradley, W Cheshire; 300m T Baines, Warrington; 800m J Birtles, Halton and Frodsham; Hammer Throw W Rattray, West Cheshire; P Vault, E Bradley, W Cheshire; L Jump C Stewart, Stockport; **H Jump C Stewart, Stockport – new Cheshire record**; Javelin J Robertson-Riley, City of Stoke; 100m M King C&N; 1500m A Bould, V Royal;

U15 Girls: 200m C Newbiggins, Sale; 200m R Shonibare, Sale; 75mH E Jackson, Sale; 800m E Wright, Warrington; 800m E Lowry, Macclesfield; **H Throw M Kettle, Warrington – new Cheshire record; PV M Waters, Sale – new Cheshire record**; Shot L McTiffin, Sale; H Jump L McTiffin, Sale; Javelin E Howe, W Cheshire; Discus B Kelly, V Royal; **Shot G Hyde, W Cheshire – new Cheshire record**; L Jump E Jackson, Sale; Discus W Rattray, W Cheshire; 100m E Jackson, Sale; 1500m I Clarke, West Cheshire;

U17 Men: 1500m J Stubbings, Warrington; 100m F Williamson-Taylor, Warrington; 3000K R McGeachie, H&F; 100mH C Meakin, Warrington; 400m M Pagan, W Cheshire; Hammer F Roe, C&N; H Jump E Milligan, W Cheshire; L Jump L Palin, C&N; Discus J Adderley, Sale; Triple Jump H Simpson, Macclesfield; 1500m S/C H Simpson, Macclesfield; 800m O Lee, L Harriers;

U17 Women: 1500m K Lowery, Warrington; 100m G Barlow, W Cheshire; 80mH C Esegbona, City of Stoke; 300m C Esegbona, C of Stoke; L Jump L Hughes, C and N; Discus J Pyatt, Liverpool Pembroke Sefton; Javelin J Pyatt, LP and S; Shot J Pyatt, LPS; 3000m L Ferris, Warrington; 200m E Spencer, Macclesfield; 1500m S/C V Ramsbottom, Warrington;

J Men: 1500m C Fance, Warrington; 200m H Richardson, C&N; 110mH B Sutcliffe, Warrington; T Jump B Sutcliffe, Warrington; Javelin S Percival, W Cheshire; Javelin L Greenwood, V Royal; 100m H Richardson, C&N; 400mH A Kirsopp, Warrington; 300mH C Esegbona, City of Stoke; 800m M Boyer, Warrington;

J Women: 1500m R McGoldrick, St Helens Sutton; 100mH S Quinn, St Helens Sutton; PV C Doggett, Sale; L Jump Fowler, C & N; Discus N Kershaw, Macclesfield; H Jump E Fowler, C&N; T Jump A Howell, Sale; Shot N Kershaw, Macclesfield; 3000m C Broad, Vale Royal; 800m H Gravett, Macclesfield;

S Men: 1500m S Caldwell, Vale Royal; 200m L Clowes, C and N; 110mH T Shenton, Macclesfield; 400m J Webster, Warrington; H Jump A Littler, W Cheshire; H Throw D McKay, W Cheshire; Discus D McKay, W Cheshire; Shot W Lowndes, Liverpool Harriers; 100m C McLean, Sale; 200m A McMahon, W Cheshire; 3000m S/C M Davies, W Cheshire; 4000mH J Webster, Warrington; 800m N Fowler, C&N;

S Women: 100m A McMahon, W Cheshire; 400m E Smith, Warrington; H Throw, Debra Erskine, W Cheshire; L Jump Danielle Erskine, W Cheshire; T Jump L James, Sale; 800m H Pemberton-Riley, Trafford;

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			
20.6.15	NC0644		Eastlands
4.7.15	NC0689		Macclesfield
10.10.15	NC0645		Eastlands
25.10.15	NC0657		Hough End, Manchester
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
ATHLETIC COACH AWARD – you must attend all four sessions to complete the course. Cost includes all modules and assessment. £400/£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
TBA	NC0643	Day 3	
TBA	NC0643	Assessment day	
CHILDREN'S COACH AWARD – you must attend all three sessions to complete the award £365.00/£325.00			
LEADING ATHLETICS *** £50 / £30			

*** 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

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