

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER - December 2008

ROAD and MT RACE FIXTURES in CHESHIRE

2008	
26 Dec	Chester "Round the Walls" (FULL UP)
2009	
18 Jan	4 Villages ½ marathon, Helsby (GP1) (RACE FULL)
1 Feb	Alsager 5 mile (GP2)
15 Feb	Walk for Water
22 Feb	High Legh 10 (RACE FULL)
29 March	Wilmslow Half Marathon (GP3)
4 April	Cheshire YA Relays, Marbury Park, nr Northwich
5 Apr	Northern 12/6 Stage relays, Stockport
8 April	Chester Spring 5 mile
12 April	Run the Bridge 5 mile, Runcorn
12 April	South Cheshire 10K, Crewe (GP4)
19 April	Whitley 10K
26 April	<i>London Marathon</i>
1 May	Delamere Trail series
16 May	Eagle & Crossfield 5K, Warrington
17 May	Chester half-marathon
30 May	Pete Lowe Memorial Hollins Green 5K
1 June	Alderley Edge 4 mile MT
1 June	Delamere Trail Series
14 June	Capenhurst 10K
18 June	Lymm 5K (GP5)
19 June	Tattenhall Tough Team Race
21 June	Warrington RR 10K
1 July	Forest Park Ladies 5K
18 Jul	Burtonwood 5 mile
?? Aug	Pie & Peas 5 mile MT (GP6)
1 Aug	Delamere Trail series
16 Aug	Great Warford 10 mile (prov) (GP7)
23 Aug	Birchwood 10K
?? Sep	Sutton 6 10K, nr Chester (GP8)

Some of these dates are taken from the UK Athletics listings. GP races for 2009 are indicated.

It was agreed at the County meeting on 5th November that in 2009 road running County championships would be held at 5K, 5 mile, 10K, 10 mile and half marathon distances, an increase on the previous years. Adrian Thiemicke will be contacting selected organisers to offer championships.

CROSS COUNTRY

2008

13 Dec Manchester Area X-C League, Sherdley Park

2009

4 Jan Manchester Area X-C League, Woodbank Park
 10 Jan. County X-Country Championships (Knights Grange, Winsford) – *entry forms are on Cheshire AA web site.*
 24 Jan. Northern Athletics X-Country Champs., St Helens
 7 Feb Manchester Area X-C League, Wythenshaw -Park
 21 Feb English National X-Country Champs., London
 7 March. Inter-Counties championships, Nottingham

The English Cross Country Relays held at Mansfield produced silver medals for the U17 Ladies team from Vale Royal and top 10 team positions for the U20 Mens team from Warrington and the Under 15 Girls team from Vale Royal.

FELL RACING

TRACK AND FIELD

Track & Field - Fixtures

13 Dec.	NA Indoor Open Meeting, Sheffield
2009	
10-11 Jan	Senior/U20 Combined Events Champs, Sheffield
11 Jan	Manchester Indoor Open, Sportcity
17-18 Jan.	NA Sen. & U20 Indoor Champs., Sheffield
25 Jan.	NA U17 & U15 Indoor Champs., Sheffield
4 Feb	Manchester Indoor, Sportcity
7-8 Feb	U15/U17 and U20 Championships
26 April	National Junior League Round 1
2 May	Northern League Round 1
3 May	YAL Round 1
9-10 May	County Championships – probably Warrington
17 May	YAL Round 2
24 May	National Junior League Round 2
23-24 May	U17&U15 Champs., Gateshead
31 May	YAL Round 3
6 June	Northern League Round 2
14 June	National Junior League Round 3
20 June	Senior and U20 Champs., Sportcity
21 June	YAL Round 4
5 July	Northern League Round 3
10-12 July	World Trials & UK Champs., Birmingham
19 July	YAL Round 5
26 June	National Junior League Round 4
2 August	Northern League Round 4

POLE VAULT DEVELOPMENT SQUADS 2008-2009

Cost £3.00 per day. All sessions will be held at Sportcity, Manchester. Ideal athlete age range is 13-17 years. This is a development squad with coaches invited to attend alongside their athletes. For further information please contact Rod Grant-Smith on Mobile 07984 516479 / email address leogrant@tiscali.co.uk

	10.00-13.00	13.00-16.00
Saturday 8 December	Novice	Experienced
Saturday 10 January	Novice	Experienced
Saturday 24 January	Novice	Experienced
	12.00-16.00	
Saturday 21 February	Combined groups	
Saturday 1 March	Combined groups	
Saturday 25 April	Combined groups	

COMBINED EVENT SQUADS 2008-2009

Cost for these training sessions will be £3.00 per day and all sessions will be held at Sportcity, Manchester. Coaches are also invited to attend the sessions, with or without their athletes to assist or to observe. Age range is from 15 through to Seniors, and you will be able to choose from three events on the day. Packed lunch, drink bottles and suitable clothing for both indoor and outdoor work. Events on offer will be High Jump, Long Jump, Pole Vault, Hurdles, Javelin, Shot and Discus.

SUNDAY 10.00am – 3.00pm
 25 January 2009
 22 February 2009
 22 March 2009

For further information please contact Roger Devlin:

Telephone 0161 962 8973 / Mobile 07802403821
Email – rogerdevlin@btinternet.com

UKA Coaching Courses (local to Cheshire)

Subsidised places are available - funding information is available from Katie Jones kjones@englandathletics.org. (Cheshire). Please book early – several courses are already full.

CHILDREN IN ATHLETICS
NW3CA75 - 28.2.09 Sportcity

JOG ENGLAND
NWJOG03 - 14.3.09 Sportcity

LEVEL 1

NW1C161/02 - 6.12.08 Bolton
NW1C178/02 - 17.1.09 Macclesfield
NW1C167/02 - 31.1.09 Sportcity Manchester
NW1C172/04 - 11.4.09 Litherland
NW1C169/02 - 26.4.09 Cumber4land Track, Crewe

LEVEL 2 – CORE

NW2C250/02 - 18-19.4.09 Sportcity
NW2C247/02 - 13-14.6.09 Cumberland Track, Crewe
NW2C251/02 - 11-12.7.09 Sportcity
NW2C248/02 - 12-13.9.09 Litherland

LEVEL 2 EVENT SPECIFIC

NW2CT02 – 13.12.08 Throws Sportcity
NW2CS04 - 4.4.09 Speed Sportcity
NW2CT05 - 4.4.09 Throws Sportcity
NW2CE04 - 5.4.09 Endurance Sportcity (Fully booked)
NW2CJ04 - 5.4.09 Jump Sportcity

LEVEL 3 MODULE STRENGTH AND CONDITIONING

NW3SC05/02 - 28.2.09-1.3.09 Sportcity

LEVEL 3 PHASE 2 – MUST ATTEND ALL 3

NW2C110/02 - Sportcity
4&11 March 2009 - 6.30pm-9.30pm
14 March 2009 - all day

LEVEL 3 – PHASE 4 – EVENT SPECIFIC

6-7.6.09 - Sportcity
NW3CS014 - Sprints
NW3CE02 - Endurance

EDM Courses will be held early in 2009

Details of courses at other venues can be found on www.ukathletics.net

Information on Funding Opportunities for U23s is available via a link from the Northern Athletics website.

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator

The NW Regional administrator is Debbie Beresford at Sports City (0161 230 8184, dberesford@englandathletics.org)

New e-mail address for County Secretary : Brian Warren : bjwarren@talktalkbusiness.net

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy):

jamesandellenmolloy@btopenworld.com

ALL CONTRIBUTIONS WILL BE GRATEFULLY RECEIVED.

Note: is there anyone who would like to send me details of any local fell running events as month after month, this section remains blank???

COMMUNICATIONS

Please ensure your club members see this Newsletter. Cheshire AA Newsletters can be viewed on the Cheshire AA website.

The AGM of Cheshire County AA will be held on Wednesday, 4th February 2009 at Frodsham Community Centre

The next County committee meeting will be held on Wednesday 17 December and will be held at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. ALL clubs are entitled to a representative at this meeting.

Remember to look at: www.cheshireaa.com