

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER - June 2008

ROAD RACE FIXTURES in CHESHIRE

2008

2 July	Forest Park Ladies' 5K, Birchwood
19 July	Burtonwood 5 mile
20 July	"On your Marks 10/5K", Nantwich
6 August	Pie and Peas 5 mile, Whitegate (Multi-terrain). GP
10 August	10 mile at Great Warford, near Knutsford GP
17 August	Birchwood 10K
17 August	"On your Marks 10/5K", Crewe
20 August	Capenhurst 5K (Ellesmere Port RC)
13 Sept.	NW Counties Road Relays - Marbury Country Park, near Northwich
21 Sept.	Sutton 6, nr Chester – County Champs and GP
21 Sept	Antrobus Cabbage Canter 10K
27 Sept.	NA 6 (men) and 4 (women) stage Road Relays
28 Sep	Macclesfield Half Marathon
5 October	Congleton Half Marathon, County Champs
5 October	Northern Athletics Young Athletes Road Relays, Liverpool
5 October	Great North Run, Newcastle
12 Oct	"On your Marks 10/5K", Nantwich

NOTE : the introduction of a 10 mile race in the County in August, the first at this distance for several years, thanks to Malcolm Fowler. It has been decided to include it in the Cheshire GP series and hopefully Cheshire club members will support the event in big numbers.

The next race in the Cheshire RR GP series (Race 6) will take place at the Pie and Peas 5 mile, on 6 August.

CROSS COUNTRY

2008

October	Manchester Area X-C League, Heaton Park
1 Nov.	ECCU X-Country Relays, Mansfield
November	Manchester Area X-C League, Boggart Hole Clough
29 Nov.	UKA X-C Challenge and European Trials, Liverpool
December	Manchester Area X-C League, Sherdley Park

2009

January	Manchester Area X-C League, Woodbank Park
10 Jan.	County X-Country Championships
24 Jan.	NA X-Country Champs., St Helens
February	Manchester Area X-C League, Wythenshaw -Park
22 Feb.	English National X-Country Champs., London

FELL RACING

TRACK AND FIELD

Track & Field - Fixtures

2 July	Cheshire Schools Minors, Warrington
5 July	County Relay Champs., Macclesfield – 11.00am
8 July	Throws and Jumps Meeting, Wigan, 6.30pm start
11-12 July	English Schools' Championships
11-13 July	UK Championships, Birmingham
13 July	Cheshire T&F League Round 2
20 July	Young Athletes' League

27 July	National Junior League
29 July	NA Sen. And U20 Women 2000m Steeplechase Championships, Ryebank Road
9-10 August	U15/U17 England T&F Championships, Birmingham
10 August	U23 Int. Terr. Home International, Derby
10 August	Cheshire T&F League Round 3
15-24 Aug.	OLYMPIC GAMES
16 August	Open Track Relays, Litherland (inc.Merseyside Champs)
16-17 Aug.	NA U15/U17 Combined Events Champs., Birmingham
23 August	Northern Inter-Counties Championships, Hull
23-24 Aug	NW Combined Events Open, Sport City
26 August	NA U20s 3000m Championships, Ryebank Road
30-31 Aug	UK School Games, Bath/Bristol
7 Sept	Cheshire T&F League, Round 4
13 Sept	Northern 10K Track Championships, Sport City
14 Sept	Cheshire Junior Multi-Events Champs., Macclesfield
20-21 Sept	English Schools Combined Events, Birmingham
8-16 Sept.	PARALYMPIC GAMES
22 Nov	NA Indoor Open Meeting, Sheffield
13 Dec.	NA Indoor Open Meeting, Sheffield
2009	
17-18 Jan.	NA Sen. & U20 Indoor Champs., Sheffield
25 Jan.	NA U17 & U15 Indoor Champs., Sheffield

Crewe AC sprinter Tony Leigh was in the 4x100m relay team which smashed the World record at the Interland Masters event. Tony made his international debut on 21 June at the meeting held at Ashford, Kent. The team, also featuring Darren Scott, only met up shortly before the event to practice their baton changes. For the full story check out the Crewe Chronicle web site.

Entry forms for the County Multi-Events Championships are now available on the County website.

No results have been found for the NW Schools Multi-events held at Bebington at the end of June. It is known that Cheshire won the Inter-boys team over the other 5 counties present and also Cheshire won the overall team for the 3 boys and 3girls age groups. Congratulations.

UKA Coaching Courses (local to Cheshire)

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

LEVEL 1

NW1C158	- 13.9.08 Robin Park. Wigan
NW1C159	- 4.10.08 Sport City
NW1C160	- 22.11.08 Sutton
NW1C161	- 6.12.08 Bolton

LEVEL 2 – CORE

NW2C243	– 27-28.9.08
NW2C244	– 25-26.10.08 Wade Deacon HS

LEVEL 2 EVENT SPECIFIC

NW2E231	- 9.8.08 (Endurance) Sport City
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NW2CS03 - 9.8.08 (Speed) Sport City
NW2CT02 - 13.10.08 (Throws) Sport City
NW2CJ02 - 14.10.08 (Jumps) Sport City

LEVEL 3 MODULE

NW3SC04 - 6-7.9.08/ (Strength and Conditioning)

EQUITY IN YOUR COACHING

17.7.018 - Holy Cross College, Bury 0161 253 6548

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

PLEASE NOTE that all enquiries about athletics should now be directed to the NW Regional Office at Sport City.

Specific enquiries re affiliation and membership should be sent to Athletics Services, details having been sent to ALL affiliated clubs, leagues and associations. The new NW Region administrator is Debbie Beresford at Sports City (0161 230 8184, dberesford@englandathletics.org) and the new Regional Manager (Andy Lee) started on March 3rd.

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.

COMMUNICATIONS

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

The next County committee meeting will be held on Wednesday 13 August 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