

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

June 2010

The following has been added at the request of the County Secretary, Brian Warren.

At the last committee meeting on June 2nd only 3 persons were present. The County can not carry on its business with this level of attendance. All clubs are entitled to one person to attend the committee meetings. The next one is on Wednesday, 14 July.

FIXTURES - Road and MT

2010

24 June	Warrington RR 10K – GP5
26 June	Lymm 5K
7 July	Forest Park 5K, Birchwood (Ladies only)
11 July	Oulton Park Ladies Half Marathon
17 July	Burtonwood 5 mile
4 Aug	Pie & Peas 5 mile MT, Moulton, nr Winsford
15 Aug	Great Warford 10 mile – GP6
22 Aug	Birchwood 10K
25 Aug	Capenhurst 5K
12 Sep	Gawsworth 10K MT, near Macclesfield.
18 Sep?	North West Road Relays, Greater Manchester
19 Sep	Sutton 6 10K, nr Chester
(19 Sep?)	Great North Run)
26 Sep	Macclesfield half-marathon GP7
3 Oct	English Half Marathon Warrington
10 Oct	Cabbage Canter 10K, Antrobus
10 Oct	Congleton half-marathon
17 Oct	Sandbach 10K
6 Nov	Langley 7
(28 Nov	Thirsk 10 mile (incorporating Northern 10 mile Champs.)

We would appreciate dates for other events proposed to be held in Cheshire.

After Race 3 in the **Grand Prix series** (Chester half-marathon), results for individual standings are as follows (note that a complete set of results for all rounds are to be found via the Cheshire AA website). Men: 1st Damian Nicholls, Wilmslow RC. Women: 1st Christine Geraghty, Wilmslow RC. Handicap leader (after 3rd race) : Julie Lucas, Wilmslow RC.

FELL RUNNING

The 2010 Inter-Counties Fell Running Championship were held on 22 May in the Lletty Fell race at Llanyrhafal (north of Ruthin). On a hot afternoon Cheshire successfully finished both a men's and women's team in a tough 9 mile (2900 feet of climbing) event. Olivia Walwyn of Cheshire was third lady in the inter-country event.

FIXTURES – Track and Field

2010

12 June	Cheshire Schools' Championships, Macclesfield
12-13 June	Northern Senior/U20 Championships, Sport City, Manchester
15 June	Trafford Grand Prix 4
19-20 June	England Athletics Senior/U20 Championships, Bedford
20 June	YAL Round 3
26-27 June	NW Schools' Combined Events Championships
29 June	Trafford Grand Prix 5
30 June	Cheshire Schools' Minors' Championships, Warrington
4 July	Northern League Match 3
3 July	County Track Relay Championships, Crewe
9-10 July	English Schools' Cjampionships, Birmingham

11 July	Cheshire T&F Meeting Round 2
13 July	Trafford Grand Prix 6
17-18 July	EA Senior T&F Championships, Gateshead
18 July	YAL Round 4
27 July	Trafford Grand Prix 7
31 July	Northern League Match 4
7-8 Aug	Northern Athletics U17/U15 Combined Events, Stoke
8 Aug	Cheshire T&F Meeting Round 3
10 Aug	Trafford Grand Prix 8
10 Aug	NA Senior & U20 Women 2K S'chase Championships
14-15 Aug	NW Combined Events Open, Sport City (includes Cheshire Champs)
21-22 Aug	EA U17&U15 Championships, Bedford
24 Aug	Trafford Grand Prix 9
24 Aug	NA U20 3K S'chase Championships
29 Aug	Northern Athletics Inter-Counties, Champs., Gateshead
4-5 Sep	U23&U20 Combined Events, Stoke
5 Sep	Cheshire T&F Meeting Round 4
7 Sep	Trafford Grand Prix 10
11 Sep	NA 10,000m Championships, Trafford
12 Sep	County Combined Events Championships plus U11 Triathlon, Macclesfield
18-19 Sep	English Schools' Combined Events Champs., Stoke
25 Sep	NA Racewalking Championships, Doncaster

Entry forms for the **County Relay Championships** can be downloaded from the County website. Entry forms are also available for the multi events competition in August.

Area Champions gain free entry to National Championships

England Athletics is pleased to announce that winners of area titles at the Northern, Midlands and Southern Championships will be eligible to receive a free entry for the National Championships. Everyone who wins a senior title at one of the area events will have a free entry into that event at the England Athletics Senior Championships to be held on 17 and 18 July, subject to their having met the entry standard.

A good turnout for the **first NW Junior and Senior Championships** produced some good results for Cheshire athletes.

L Clowes (C&N) 1st JM 200m; A Pritchard (Macc Harriers) 2nd SM 110m Hurdles and 3rd SM Discus; T Jervis (Warrington) 1st JM S/chase; S Broadhurst (Warrington) 2nd JM 800n; A Nicholls (Warrington) 2nd JM L Jump and 6th JM 100m; W Lowndes (Liverpool H) 1st SM Shot; D McKay (West Cheshire) 2nd SM Javelin; T Booth (West Cheshire) 2nd SM 400mH; S Fraser (Wigan H) 3rd JW Javelin and 2nd JW Shot Putt; A Talbot (Warrington) 2nd JW S/chase; R Jefferson (Warrington) 4th JW S/chase;

Northern Athletics T&F U17/U15 Championships held at the Leigh Sports Village - results for Cheshire based athletes.

Gold

T Kellett, W Cheshire, U15B H Throw; W Simmons C&N U15B H Jump; M Hulse Warrington U15B 3K; O Montez-Brown W Cheshire U15G 75mH; A Williams W Cheshire U15G L Jump; K Baker W Cheshire U15G Shot Putt.

Silver

A Kirsopp, Warrington, U15B L Jump; F Ashman C&N U15B Javelin; K Matthews C&N U15G Shot Putt; J Platt C&N U15B 200m; N Tipping V Royal U15B 800m; E Bowker V Royal U15B 3K; M Huxley Warrington U17L 1500m; S Dykes Warrington U17Y 400m.

Bronze

N Clowes C&N, U15B Javelin; F Ashman C&N U15B Discus and U15B Shot Putt; O Montez-Brown U15G L Jump; V Anderson W Cheshire U17L H Jump; J Platt C&N U15B 100m.

UK Senior Inter-county Track and Field Championships, Bedford, 30/31 May.

Cheshire athletes collected three silver medals in these annual championships : Emily Brown (Cardiff) in the 3000m Steeplechase; Hayley Jones (Wigan) in the 100m and Dave McKay (West Cheshire) in the javelin. A number of other athletes also represented Cheshire in the championships : Amy Talbot (3000mS), Liam Clowes (100 and 200m), Darren Scott (100m), R Davis (Long jump); Lucy Evans (100 and 200m), Katie Read (100mH).

Get interactive with UKA – check out all the latest news, views blogs and videos. Connect on Facebook, Twitter and YouTube.

The Cheshire Network Action Group

The Cheshire Network Action Group meets on a regular basis, at the Lion Pub, Moulton. If you wish your club to be involved please contact the Network Coordinator Andy Garnett by email on andy.garnett@amec.com or phone him on 01925 675420 during working hours.

The three recent EA **North West roadshows** were regarded as a success. Many of the attendees were key players at grassroots level and the discussions were excellent. Whatever happens nationally the very fact that people are discussing issues that concern them can only be beneficial. More than anything, the roadshows showed that, irrespective of England Athletics and funding provision, the best way forward for athletics to continue to prosper in the North West is for the counties and the regional council to work together. Various issues relating to the County T&F Championships were discussed – timing and entry dates being two of the issues – but what appears to be clear is that there is a fall-off in entries from Seniors and U20s. The regional championships may redress this but only time will tell. Whatever happens, a strong county structure is crucial hopefully the regional council can assist. The next regional council meeting is 9 June at Stretford when we will be reviewing the NW champs and looking forward to the multi-events/road and cross-country events coming up. You are more than welcome to come along to offer your views.

Nordic Walking Courses are being held at various locations throughout Cheshire. For dates, times and venues please contact **Allen Ward** on 07779217142.

Cheshire Club List – Mike Lamb of West Cheshire AC has taken over responsibility for keeping the list up to date.

If you are currently looking into **sources of funding** for projects within your club please let me know as I can produce a bespoke funding report with local, regional and national pots of money that you may be able to access, and then support you in any applications should you require assistance.

TRAINING 2010

CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

Safeguarding and Protecting Children

7 June	SPC1	Winsford Lifestyle Centre
30 June	SPC1	Nantwich Cricket Club
13 July	SPC1	Haliwell Jones Stadium, Warrington
6 Sept	SPC1	EPIC, Ellesmere Port
22 Sept	SPC1	Wilmslow High School
11 Oct	SPC1	Lymm High School

All Courses are from 6.30 – 9.30pm

Note that the above courses are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation/reaccreditation for Clubmark. To book please create an account or log-in at www.coachingcw.org. On your home page will be a “Book Event” icon, please click and complete our new online booking form (payment will also be taken online). Aside from the above courses, CWSP need you to tell them what courses you need. Coaches – Please create an account or log-into www.coachingcw.org and click the “Course availability” icon on the right hand side of the page. Then you can tell us what courses you need, what venues you can travel to and what days of the week you can attend. If for whatever reason you feel unable to complete booking forms and payments online, please call 01606 871812 for further information and we can provide you with support.

UK coaching courses (local to Cheshire)

The UKA Coaching structure has been changed significantly. EA North have circulated details to contacts in all clubs and details are available on the EA and UKA web sites. Reference is also made to the changes in Pace, Spring 2010(produced by EA). For full details go to http://coaching.uka.org.uk/qualifications/leaders_awards/

LEADER AWARD				
12.6.10	Robin Park, Wigan	NW	NW0158	£95
17.7.10	Kirkby Sport College	NW	NW0149	£95
COACHING ASSISTANT				
19-20.6.10	Sportcity, Manchester	NW	NW0140	£130
10-11.7.10	Robin Park, Wigan	NW	Nw0155	£130
RUN IN ENGLAND – Leadership in Running Fitness				
12.6.10	Cumberland Track, Crewe	NW	NC0115	£90
10.7.10	Litherland	NW	NC0163	£90
24.7.10	Sportcity, Manchester	NW	NC0153	£90
29.8.10	Sportcity, Manchester	NW	NC0160	£90
3.10.10	Sportcity, Manchester	NW	NC0161	£90
27.2.11	Sportcity, Manchester	NW	NC0162	£90

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. 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. Application forms and cheques to be returned 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.

CRB information - Brian Warren, the County Secretary has received a post card from the Independent Safeguarding Authority which refers to changes to the Criminal Records Procedure which they want to be brought to your attention. Please go to the following web site to read it fully: www.businesslink.gov.uk/vrb

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator. Eddie recommends that all clubs who have licensed coaches to keep a watch on CRB renewals which are coming up (a 3 year cycle) to ensure their licence remains valid.

CRB application forms are available from Jane Fylan, UK Welfare Co-ordinator : Telephone 0161 223 4246 or email her at jfylan@uk.org.uk

A brief note to explain the new Vetting and Barring Scheme which is in addition to CRB can be viewed on the County website.

Officials' Courses - 2010

Further information can be obtained from Tina Beresford (email address below or Alan Morris – joseph.shellhorn@tesco.net, or on Cheshire website.

Details of forthcoming **courses for officials** are now available on the England AA web site.

Contact **Tina Beresford** for information concerning Officials' Courses for the North of England. She is based at Sports City tinaberesford@englandathletics.org. Telephone 07920 532552

Sarah Friday (sfriday@emglandathletics.org) is the Coach and Club co-ordinator for Cheshire and for Greater Manchester. (Tel : 0161 230 8184).

The next County Committee Meeting will be held on Wednesday 14 July at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative or representatives.

INFORMATION for the NEWSLETTER :

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

jamesandellenmolloy@btopenworld.com