

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

September 2010

We regret to announce the loss of a Cheshire AA Vice President, Brian Hall, after a long battle with cancer, aged 73.

Older readers will remember Brian as an outstanding middle distance runner in the early 1960's with Manchester & District Lads Club Harriers. He founded Winsford AC in the 1970's and was very active in the mid Cheshire area organising events and developing the athletics facility at Knight's Grange, Winsford.

A more detailed obituary will appear on the Cheshire AA web site.

FIXTURES - Road and MT

2010

- 12 Sep Gawsorth 10K MT, near Macclesfield.
18 Sep North West Road Relays, Leigh Sports Village (**NOTE : this is the Cheshire County Championship). Entry forms have been sent to all clubs.**
19 Sep Sutton 6 10K, nr Chester
19 Sep? Great North Run
26 Sep **Macclesfield half-marathon GP7**
2 Oct Northern 6 & 4 stage road relay, Wythenshawe Park
Northern Young Athletes' Road Relays, Wythenshawe Pk (Note: same day, same venue). Entry forms available on Northern Athletics web site.
3 Oct English Half Marathon, Warrington
10 Oct Cabbage Canter 10K, Antrobus
10 Oct Congleton half-marathon
16 Oct ERRA National Mens 6 stage/Womens 4 Stage Road Relays, Birmingham (Mens teams have to qualify through the Northern event)
17 Oct National Young Athletes' Road Relays, Birmingham
17 Oct Sandbach 10K
24 Oct Alderley Bypass 5 mile (run the new bypass before it opens) – entry forms available on "ukresults" and "race-results" web sites.
6 Nov Langley 7 (Macclesfield Harriers)
28 Nov (Northern 10 mile Champs, Thirsk)
12 Dec Tatton Park Yule Yomp, & 3K Fun Run (Cheshire Hash House Harriers)
26 Dec Chester Round the Walls
27 Dec (Northern 10K Champs, Ribble Valley, Clitheroe)
2011
27 Feb High Legh 10K
20 Mar Northern Athletics 12 and 6 stage Road Relays, venue to be confirmed.
27 Mar Wilmslow Half Marathon (includes England Champs)
6 April Chester Spring 5 mile
9 April National 12 and 6 stage Road Relays, Birmingham
10 April Air Products 10K, Crewe (not Easter Sunday this year!)
1 May South Cheshire Harriers 20 mile, Crewe
15 May Chester half-marathon
9 Oct MBNA Chester Marathon

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

Results from the Cheshire 10 mile Road Running Championship held within the Great Warford race are as follows. Winner of the Men's race was Stuart Doyle of Vale Royal, whilst the Ladies race was won by Alison Draper of Spectrum Striders. Other results can be accessed via the Cheshire AA website.

After 6 of the 7 races in this year's **Cheshire AA Grand Prix series** Damian Nicholls (Wilmslow) leads the men's individual table and Liz Whitfield (Spectrum Striders) the ladies. In the team tables, Wilmslow

and South Cheshire Harriers men are vying for the lead, while Wilmslow ladies are in the ascendancy in theirs. James Simpson of South Cheshire is the Handicap leader.

FELL RUNNING

Olivia Walwyn has been performing well over the fells and was second in the European trials race at Keswick followed by a first place in the UK Uphill trials at Llanberis. Heather Timmins (Warrington) was 6th at Llanberis and Rachel Jefferson (also Warrington) 6th in the Under 20 race. The World championships take place in Slovakia on 4 September.

CROSS COUNTRY

- 2 Oct N Staffs League at Knights Grange (tbc)
9 Oct Northern Athletics 1st Annual Cross Country Relay Championships, Sheffield (Entry form available)
23 Oct Manchester X-C League, Heaton Park
6 Nov ECCA Relays, Mansfield
6 Nov North Staffs League, Park Hall
13 Nov N Staffs League, Stafford Common
21 Nov Manchester X-C League, Sherdley Park
27 Nov UKA Cross Country Trials, Sefton Park, Liverpool
4 Dec Manchester X-C League, Boggart Hole Clough
13 Dec North Staffs League, Westwood HS, Leek
2011
2 Jan Manchester X-C League, Woodbank Park, Stockport
29 Jan Northern Cross Country Championships, Sunderland
12 Feb Manchester X-C League, Clayton Vale (nr Velodrome)
19 Feb ECCA Cross Country Championships, Alton Towers

FIXTURES – Track and Field

2010

- 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 Inter-Club Cup and Plate Championships plus 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
25 Sep Northern 10K Track Championships to be held at Doncaster (rearranged date)

ESAA results (missing from last newsletter)

Rebecca Craigie (Vale Royal) 1st Senior Girls 1500m; Danielle Bentley (Sale Harriers) 2nd Senior Girls Javelin; Josh Platt (C&N AC) 3rd Junior Boys 200m; Kelly Baker (West Cheshire) 2nd Junior Girls Shot; Victoria Anderson (West Cheshire) 2nd Inter Girls High Jump.

England Athletics Senior Championships, Gateshead, 17-18 July.

Congratulations to Stevie Stockton (Vale Royal) in winning the ladies 1500m title in these inaugural EA championships which in effect have replaced the AAA/WAAA championships. Dave Mackay (West Cheshire) took a bronze medal in the Men's javelin

EA Combined Events Championships, Stoke, 7-8 August – congratulations to Olivia Montez-Brown of West Cheshire – 1st North and 4th overall in the U15 Girls; Alex Wort of Warrington – 1st North and 3rd overall in the Under 17 Men's event

Northern Athletics Women's 2km Steeplechase – Kate Spillsbury of Vale Royal, 2nd.

NA U20 3K Championships: Men – A Clews, Vale Royal 4th; Women – A Talbot, Warrington, 2nd. It was good to see Amy in this event as she had a heavy fall 2 weeks previously in the NA Junior women's steeplechase which put her into hospital.

Northern Inter Counties, Gateshead, 28th August: U15 girls: Kelly Baker, (West Cheshire)- Shot Putt 1st, Laura Rigby (West Cheshire) 100/200m 5th. We only received enquiries about competing from three Cheshire champions; the third athlete who had expressed interest was unfortunately delayed on return from holiday and could not get to Gateshead in time.

Results for Cheshire athletes from the North West Combined Events Championships, held at Sportcity from 14 to 15 August were as follows. Senior Men - Oliver Park (Warrington AC) 1st; U17 Men - Alex Hailes (West Cheshire) 1st, Alan Dodd (Warrington) 2nd, Sam Rimmer (West Cheshire) 3rd; U15 boys - Ashley Kirsopp (Warrington) 4th, Yousef Khalifa (West Cheshire) 7th, Leon Langmead (West Cheshire) 9th; U13 Boys - James McMahon (West Cheshire) 1st, Ben Sutcliffe (Halton and Frodsham) 3rd; U11 Boys – Joseph Morrison (West Cheshire) 2nd; U13 Girls – Amy Williams (West Cheshire) 1st; U11 Girls – Kelly Chadwick (Warrington) 1st.

Alex Wort of Warrington AC has been selected for England to take part in the Home International Combined Events Championships to take place at the Northwood Stadium, Stoke over the weekend of 4-5 September. Alex's selection comes as a result of his performance at the Combined Events Championships early in August (see above).

Haley Jones, Wigan Harriers, has been selected for the 4x100 and 4x400m relays for the England team for the Commonwealth Games at Delhi.

Roger Skedd (also a Cheshire qualified athlete) has been selected to represent Scotland for the Decathlon in the same Games.

SPORTSHALL ATHLETICS

Dates and venues for the North West League are listed below. As last year, Clubs will compete in four of the five fixtures.

3 Oct	12 noon at Widnes
24 Oct	14 noon at Widnes
28 Nov	12.30pm at Wigan
5 Dec	12.30pm at Deeside
16 Jan	12.30pm at Crewe
6 March	League final at Widnes

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 is now close to employing staff to manage improvements to benefit Athletics Clubs in the Network. Several events are planned to generate interest and benefit the Clubs involved. Look on the Cheshire County website to see the Network Plan and meeting notes or come to the next meeting and see what it could mean for your club. Seven Clubs are now actively involved - we would like all 31 Cheshire Clubs to participate and benefit.

The Cheshire Network Action Group meets on a regular basis, at the Lion Pub, Moulton. The next informal is on Wednesday 8 September. 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.

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

TRAINING

2010

CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

Safeguarding and Protecting Children

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 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/

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.

RUN IN ENGLAND – Leadership in Running Fitness				
3.10.10	Sportcity, Manchester	NW	NC0161	£90
27.2.11	Sportcity, Manchester	NW	NC0162	£90
LEADER AWARD				
2.10.10	Sportcity, Manchester	NW	NC0169	£95
26.2.11	Sportcity, Manchester	NW	NC0171	£95
COACHING ASSISTANT				
13-14.11.10	Sportcity, Manchester	NW	NC0175	£130
26-27.2.11	Sportcity, Manchester	NW	NC0172	£130
ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. <u>Cost includes all modules and assessment.</u> See notes below.				
2-3.10.10	Days 1 and 2 Sportcity, Manchester	NW	NC0142	£325 **
4.12.10	Day 3			
30.1.11	Assessment day – time tbc			

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

A Level 2 Officials Course is being held at Witton Park, Blackburn on 11 September. The course will cost £15 and the programme is as follows: Generic 10am-12 noon, Track/Field 1.00-3.00pm. Further information from **Alan Morris** – cheshireofficials@gmx.com, or from the Cheshire website. This will be the last course before the spring of 2011. Alan is hoping that should there be sufficient numbers there will be a course in Cheshire in Spring of next year. Also check out the England AA website. 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@englandathletics.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 8 September 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):

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