

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER

May 2015

Editor : Ellen Molloy jandemolloy@gmail.com

IMPORTANT : the closing date for the County championships Friday, 8th May. Entries on the day are permitted, but at an increased cost.

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

15 May **Christleton 5K***
17 May Chester Half Marathon
22 May N Ches Series : Race 1 - Dunham Massey 5K
28 May Blaze Hill of Glory (Bollington)
29 May **Birchwood Brook 5K* Race 2**
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 * RRGF 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
13 Sept. Gawsworth 10K
19 Sept. NA Road relay championships
20 Sept. **Guilfen Sutton Six 10K * RRGF Race 5**
27 Sept. **Macclesfield half-Marathon and 5K ***
3 October ERRA Senior 6 and 4 stage relays, Sutton Park
4 October ERRA Young Athletes' relays, Sutton Park
4 October **Congleton Half Marathon * (date tbc) RRGF Race 6**
4 October Chester Marathon and Metric Marathon
4 October Run Winsford 10K
18 October Farndon 10K
7 November **Langley 7 , nr Macclesfield * RRGF Race 7**
26 December **Chester "Round the Walls" ***

Cheshire Age Group Road Running Records

Several Cheshire age group records were set in recent marathon races. In the Manchester event Nicky Mowat (Wilmslow) reduced her F55 time by a substantial margin.

In the London race, Graham Green (Warrington AC) set a new M50 record when finishing first in his age group overall and with his son, Ben, alongside enjoyed running over Tower Bridge with no other runners close by. Ben went on to finish almost 2 minutes ahead of his father. Yet to be confirmed, but should be a new Guinness Record for the pair. Matthew Smith (South Cheshire) set a new M40 record, while Colin Rathbone set a new M70 record (third in his age group) and Harry Newton improved on his M75 County record.

The Cheshire AA web site has been up-dated with a detailed summary of road race performances and participation by members of Cheshire clubs in 2014.

We would appreciate dates for other events proposed to be held in Cheshire. **NOTE**: Please send to the Editor and not to the Distributor.

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

16 May **Inter-Counties Fell Running Championships**, Betwys-y-Coed, Sen.,U18,U16 - Cheshire runners interested in competing - information below
17-18 Oct. Fell and Hill relay championships

TRACK and FIELD FIXTURES

2015

2 May YDL Lower Round 1
3 May Northern League Round 1
10 May Cheshire League Round 1
16 May TDL Upper Round 2
23/24 May **Cheshire T&F Championships**, Stretford (joint with Greater Manchester) **Entry Forms and Provisional Time tables are on the cheshireaa.com web site.**
30 May YDL Lower Round 2
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

Sportshall

Cheshire's U15 Boys' and U15 Girls' squads both finished eighth in the UK Sportshall Finals.

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.

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 application forms are available from **Jane Fylan**, UK Welfare Co-ordinator. T: 0161 223 4246 or email at dbs@uka.org.uk

DBS online - for your information, DBS went live last week and all information relating to the new system is available on 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

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, Mancheser
ATHLETICS AWARD – Ages 14+ £30			
4.7.15	NC0695	9.30 – 12.30	Eastlands
ATHLETIC LEADER AWARD - £130/£95			
COACH IN RUNING 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			
16-17.5.15	NC0698		Eastlands
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			
28-29.3.15	NC0637	Day 1 and 2	Eastlands
9.5.15	NC0637	Day 3	Eastlands
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			