## New Year Wishes to all members at West Cheshire Athletic Club.

## Time To Renew Your Annual Subscription

WEST CHESHIRE AC members are being reminded to renew their annual subscriptions which were due from January 1st.

Our acting Membership Secretary, Jill Gore, has already notified all club members by post that their annual subscription is now due.

And Jill is now hoping to receive a pleasing response from existing members who are keen to take advantage of the benefits of being a registered UK Athletics club member.

West Cheshire AC members wanting to compete in road races and championships pay reduced affiliated club entry fees compared to unattached runners.

And West Cheshire AC members can also receive a discount on clothing and

shoes when they shop at Chester Sports, and JJB Sports on the Cheshire Oaks Outlet Retail Park, by showing their membership card.

Jill Gore has offered to temporarily take over the Membership Secretary duties, but the club is interested to find anyone who is keen to fill the post on a permanent basis.

Anyone interested in becoming the West Cheshire AC Membership Secretary should contact Dennis Wall by emailing: dennis.wall1@ntlworld.com

### West Cheshire AC achieves Clubmark Status

WEST CHESHIRE AC has been congratulated by Cheshire West and Chester Council Club Development Officer, Mary Corry, and England Athletics Club and Coach Support Officer, Sarah Friday, following the good news of West Cheshire AC's Clubmark Accreditation Application proving successful. But the work has only just started as we begin to publicise and realise our Club Development aims and objectives during the next three years.

### **FIXTURES**

### **JANUARY 2011**

Sat 8 - Cheshire County AA XC Championships (Forest Park, Birchwood WA3 6QX, Warrington, 11.30am start). Sat/Sun 8/9 - EA inc NA Senior & U20 Indoor Comb Events Champs (Sheffield). Sun 9 - Deeside AAC Indoor Open Meeting (Deeside College, 12 noon start).

Fri 14 - West Cheshire AC Awards Evening, Chester Rugby Club,(7.30pm). Sat 15 - West Cheshire AC Schools XC Race Series (Stanney, 10am start). Sat 15 - Cheshire Schools XC Champs (at

Sat 15 - Cheshire Schools XC Champs (at Halton).

Sat/Sun 15/16 - NA Indoor Champs (Sheffield).

Sun 16 - North West Sportshall League Round 4 (Shavington, Crewe, 12.30pm).

Thurs 20 - West Cheshire AC Committee Meeting (Stanney Track, 8pm).

Sat 22 - North Wales XC League Round 4 (Lilleshall, Telford, 2pm).

Sun 23 - U11s Fun In Sportshall Meeting (by selection, at SportCity, Manchester). Sun 23 - Four Villages Half Marathon (Helsby).

Sat 29 - Northern XC Championships (Herrington Country Pk, Sunderland, 11am).

### **FEBRUARY 2011**

Thurs 3 - UCEA Cluster Sportshall Meeting (Stanney Sportshall, 4-6pm). Sat 5 - North Wales XC League (Oswestry, 2pm start).

Sun 6 - Liverpool XC Champs (Clarke Gardens, 11am).

Thurs 10 - Ellesmere Port Year 5/6 School Sportshall Final (Stanney, 4-6). Sat 12 - Manchester Area Cross Country League Rd 5 (Clayton Vale, 12 noon).

Sun 13 - Borders Road Running League Round 4 (Cheshire View, Christleton, Chester, 11am start).

Wed 16 - Ellesmere Port Year 7/8 School Sportshall Final (EPIC, 4-6pm).

Sat 19 - English National Cross Country Championships (Alton Towers, 11am). Sun 20 - Village Bakery Half Marathon (Wrexham).

Sun 20 - Manchester Indoor Open Meeting (Sport City, 10.30am start).

Sat 26 - West Cheshire AC Open Schools Cross Country Races Round Four (Stanney, 10am start).

Sun 27 - North West Sportshall Regional Finals (at Wigan, by selection).

### Standing Order Mandate option to pay Track Fees

EVERY member of West Cheshire AC who uses the Stanney Track on a regular basis is being urged by their club to pay their track fees through a Standing Order Mandate which will be in operation from January 1, 2011.

Standing Order Mandate forms will be available for collection from the Stanney Track Office. Members not wanting to pay by this method will be charged £1 per visit to the track.

### **CLUB NOTICEBOARD**

### DATES FOR THE DIARY

WEST CHESHIRE AC members should make an early note of scheduled fixtures for the 2011 track and field season. (League fixtures in bold print):

#### MAY

Sat 7 - Northern Track and Field League Division 2 West Round One (Stanney, Ellesmere Port).

Sun 8 - Young Athletes Track and Field League Northern Premier Division Round One (Macclesfield).

Sat/Sun 14/15 - Cheshire Track and Field Championships (Venue TBC).

Sun 22 - Young Athletes Track and Field League Northern Premier Division Round Two (Wavertree).

#### **JUNE**

Sat 4 - Northern Track and Field League Division 2 West Round Two (Warrington). Sat 4/Sun 5 - England Athletics Senior and Under 20 Combined Events Championships (Bedford).

Sun 5 - Young Athletes Track and Field League Northern Premier Division Round Three (Witton Park, Blackburn).

Sat 11 -Cheshire Schools Championships. Sat 18/Sun 19 - Northern Senior and Under 20 Championships (Manchester).

Sun 19 - Young Athletes Track and Field League Northern Premier Division Round Four (Crewe).

Sat 25/Sun 26 Aviva Under 20 and 23 Trials Championships (Bedford).

### **JULY**

Fri 1/Sat 2 - English Schools Track and Field Championships (Gateshead).

Sun 3 - Northern Track and Field League Division 2 West Round Three (Stretford). Sun 31 - Northern Inter-Counties

Championships (Leigh).

#### AUGUST

Sat 6/Sun 7 - Northern Under 15 and Under 17 Championships (Cudworth or Hull). Sat 13/Sun 14 - England Athletics Under 15 and Under 17 Combined Events Championships (Stoke).

Sun 14 - Northern Track and Field League Division 2 West Round Four (Stretford). Sat 20Sun 21 - England Under 15 and Under

17 Championships (Bedford).

### **SEPTEMBER**

Sun 4 - Young Athletes Track and Field League Final.

### WHY NOT BECOME A COACH?

WEST CHESHIRE AC is always keen to promote interested athletes, parents or helpers of the club wanting to become a qualified coach. If you would like to find out more details please contact our Club Coach Co-Ordinator, Eddie Gore, by emailing: eddiegore@ntlworld.com

### **OFFICIALS COURSES**

WEST CHESHIRE AC members, coaches, parents, and helpers are being encouraged to attend a Level 2 Officials Course at Wavertree, Liverpool, on Sunday, February 20. The courses will cater for anyone wanting to become a starter/marksman, track judge, timekeeper, or field judge. The cost is £15, and further information can be obtained from Tina Beresford on 079684 98704, or by emailing: tinaberesford@englandathletics.org

### SCHOOL/CLUB LINK

AS part of West Cheshire AC's School-Club link with the UCEA Academy at Stanney we have been asked to help them host an Indoor Primary Schools Sportshall Competition, at Stanney, on Thursday, 3<sup>rd</sup> February (4-6pm).

If you are available to help please confirm with Debbie Baker or Dennis Wall as soon as possible. Any help and assistance would be gratefully appreciated.

### FIXTURES UPDATE

THE Cheshire Track and Field League AGM will be held at, Frodsham, on February 2. A full club fixture list including the Cheshire League will be published after this meeting.

### REPLACEMENT SPIKES

6mm, 9mm and 12mm

Pack of 12 spikes available from the club office - £1.50 per pack (NO singles)

### West Cheshire Athletic Club

### ANNUAL PRESENTATION EVENING

At Chester Rugby Club, Hare Lane, Littleton, Chester. On Friday, 14<sup>th</sup> January, 2011, 7.30pm start. Bar, Disco, Buffet.

Tickets £3 each now available from Club Track Office.

### **SPORTSHALL**

WEST CHESHIRE AC head to Shavington, Crewe, for the final round of the North West Sportshall League on Sunday, January 16th.

### BORDERS LEAGUE

WEST CHESHIRE AC will host a round of the Borders Road Running League, from Cheshire View, Christleton, on Sunday, February 13<sup>th</sup>, (11am start). If you are not running and would like to help marshall or assist on the day please contact Mike Lamb or a club official as soon as possible.

### **CLUBMARK AWARD**

WEST CHESHIRE AC will be presented with a Clubmark accreditation certificate at the club's annual presentation at Chester Rugby Club, on January 14.

### Voluntary Helpers Required

WEST CHESHIRE AC is in urgent need of volunteers/parents/helpers who can take responsibility of collecting £1 track fees and who can keep the register/tick sheets in order before Tuesday, Thursday, and Saturday club training sessions. If you can help provide an essential service for the club please contact Dennis Wall or a club official as soon as possible.

# FOR SALE... NEW West Cheshire Athletic Club

### **Hoodies**

MONEY <u>must</u> be paid on ordering!

For all Orders -Please see Debbie Baker.