2011 SUBSCRIPTIONS WERE DUE FOR RENEWAL FROM JANUARY 1st.

Please contact Jill Gore if you have not yet paid your annual subscription.

Volunteering is a key part of this Club's life

WITHOUT individuals who devote hours of unpaid service behind the scenes West Cheshire Athletic Club just wouldn't exist.

It's a sobering and often frightening thought, but one we must never take for granted in these times when many people believe time means money.

Coaches sometimes have to remind athletes and parents that they are giving up their precious time, effort and energy, for the love of the sport and not for any financial gain.

The same scenario is true for our dedicated officials, team managers, committee members, road race committee members and helpers who are undoubtedly our lifeblood.

Many members of this club probably don't appreciate the commitment and dedication of people like Ian Cook, Alan Morris, Richard Batterham, Mike Lamb, and John Driscoll, who have ensured the popularity and success of our road race promotions which have generated vital sums of money to ensure West Cheshire AC's wheels have kept turning.

But a number of our hard working road race committee members are stepping away from the coalface after this year's Shell Chester Half Marathon and we need members to step up to the plate and ensure we can pull together and continue to produce successful and popular events.

The Chester Spring Five is our first race promotion of the year on April 6, but we also organise the Shell Chester Half Marathon in May; the Sutton Six 10k Road Race in September; and the Chester Round The Walls Race on Boxing Day.

If you are a member, a parent, or a friend of a member and you are keen to support and back our aim of promoting athletics in this area, please volunteer your services.

We are all obviously grateful for the time, effort and commitment of West Cheshire AC's current coaches, officials, team managers, committee members, and road race committee members, but they are always looking for much-needed back-up and won't be there forever.

Take the first step to helping your local club by giving us a hand at the Spring Five Race (see next column)…

FIXTURES

APRIL 2011

Wed 6 - Chester Spring Five Miles Road Race (Upton, 7pm).
Sat 9 - Ellesmere Port Primary Schools Cross Country Finals (Our Lady's, E Port).
Sat 9 - National 12 Stage Men's and 6 Stage Women's Road Relays (Birmingham)
Sun 10 - Trafford AC U11/U13/U15 Medal Meeting (Stretford).
Sun 10 - Air Products 10k Race (Crewe).
Sat 16 - Deeside AAC Open Young Athletes (U11-U17) Meeting (Deeside).
Sat 16 - Liverpool Throws and Jumps Meeting (Liverpool).
Sun 17 Cheshire Track & Field League Round One (Trafford).
Sun 17 - Liverpool Young Athletes Medal Meeting (Wavertree).
Sun 17 - London Marathon.
Fri 22 - Salford 10k Road Race.
Sun 24 - Runcorn Bridge Five Miles Race.
Mon 25 - Trafford AC Young Athletes Medal Meeting (Stretford).
Wed 27 - Borders Road Running League Final Round (Wrexham, 7.15pm).
Sat 30 - North Wales 10 miles Road Championships (Wrexham, 2pm start).

MAY 2011

Sun 1 - South Cheshire 20 miles road race (Shavington, 9.30am start).
Mon 2 - Trafford AC U11/U13/U15 Medal Meeting (Stretford).
Wed 4 - Ysgol Dinas Bran 4.75m Hill Race (Llangollen, 7pm start).
Fri 6 - Christleton 5k Road Race (7.30pm).
Sat 7 - Northern T&F League Round One (Stanney, Ellesmere Port).
Sun 8 - Young Athletes T&F League Round One (Macclesfield).
Sat 14/Sun 15 - Cheshire AA County T&F Championships (Stretford).
Sun 15 - Shell Chester Half Marathon (Chester Racecourse, 9.30am start).
Sun 22 - Young Athletes T&F League Round Two (Wavertree, Liverpool).
Sun 22 - Llandudno 10 miles Road Race.
Wed 25 - Suncentre 5k Road Race (Rhyl).
Mon 30 - Trafford Medal Meet (Stretford).

HELP REQUIRED

West Cheshire AC are in need of volunteers to help organise the Chester Spring Five Miles Road Race at Cheshire County Officers Sports Club, Upton, on Wednesday, 6th April.

We require marshals to man the course, including the finish area, as well as volunteers to help set up and take down road signs and banners.

Anyone wanting to help should contact Mike Lamb by email: myclam.pleck@tiscali.co.uk

2011 YOUNG ATHLETES TRACK AND FIELD LEAGUE

Debbie Baker and Glenys Potter will soon be selecting the teams for our first round match on May 8th. To help them make the best selections possible please make sure you complete and return the forms as quickly and fully as you can. They will both be handing letters out at training sessions, so make sure you get one - the girls from Debbie, the boys from Glenys. All U13, U15, and U17 members are eligible for selection, even if you have only just joined the club.

NEWSLETTER Comments, views, and copy should be addressed to: dennis.wall1@ntlworld.com

CLUB NOTICEBOARD

TRACK & FIELD DIARY

(League fixtures in bold print):

APRIL

Sun 17 - Cheshire T&F League Round One (Longford Park, Trafford).

MAY

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

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

Wed 11 - West Cheshire AC Schools Cup (Stanney, 4pm start).

Sat/Sun 14/15 - Cheshire Track and Field Championships (Longford Park, Trafford).

Sun 22 - Young Athletes Track and Field League 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 Round Three (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 Round Four (Crewe).

Sun 26 - Cheshire Track & Field League Round Two (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 Round Three (Stretford).

Sat 9 - Cheshire Track Relay Championships (Stanney, Ellesmere Port).

Sun 31 - Northern Inter-Counties Championships (Leigh).

Sun 31 - Cheshire Track & Field League Round Three (East Cheshire).

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 Round Four (Stretford).

SEPTEMBER

Sun 4 - Cheshire Track & Field League Round Four (Stanney).

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

CHESHIRE LEAGUE

WEST CHESHIRE AC will again host the final round of the Cheshire Track and Field League at Stanney, on Sunday, 4th September.

The club will start their four-round league appearances at Longford Park, Trafford, on Sunday, 17th April; the second round will take place at Crewe on Sunday, 26th June; and the third round will be hosted by East Cheshire on Sunday, 31st July.

SCHOOLS' CUP

WEST CHESHIRE AC will host this year's annual Schools Track & Field Cup Match at Stanney, on Wednesday, 11th May, 4pm start.
Contact Dennis if you can help out.

LOST PROPERTY

The Club has a quantity of clothing which has been left at the track.

If you think you may have left something behind please check.

Items not collected by March 31st will be disposed of.

REPLACEMENT SPIKES

6mm, 9mm and 12mm

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

ENTRY FORMS

WEST CHESHIRE AC will be offering members the chance to pick up any entry forms and fixture lists we are aware of in the future.

We will be displaying the forms outside the club office on club nights (weather permitting).

Members can also bring along any track, road, or hill race forms they may have that may interest other members on a club night.

COUNTY CHAMPS

THIS year's Cheshire AA County Track and Field Championships are being held in conjunction with the Greater Manchester AA Championships at Longford Park, Trafford, on Saturday and Sunday, May 14/15.

Forms will be circulated to West Cheshire AC members once they become available.

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

Sizes: S M L XL

MONEY **must** be paid on ordering!

For all Orders – Please see Debbie Baker.

West Cheshire Athletic Club

EASTER BINGO

At Vicars Cross United Reformed Church Hall, Chester.

On Friday, 15th April, 2011, 7.30pm start.

Further details from Ellen Molloy/Jenny Manning.

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