Winter training programme

WEST CHESHIRE AC members of every age are being encouraged to make use of indoor facilities that have been booked for the autumn/winter months.

As well as the club's use of the track and field facilities throughout the whole year, the club have secured use of the sportshall and gymnasium on the Stanney site.

Coaches at West Cheshire AC have met to formalise this winter's training programme indoors at Stanney, Ellesmere Port.

Stanney Sportshall has been booked for Tuesdays (7-8pm) and on Saturdays (10am until 12 noon), from this month through until Easter.

And Stanney Gymnasium will be used on Tuesdays (7-8pm) and on Wednesdays for circuit training (7-8pm).

West Cheshire AC's club coaches would like to see members utilising the conditioning sessions planned for the coming months.

Saturday training sessions will present an opportunity to prepare for our appearances in this season's Sportshall League competitions as well as offer those members not involved in the under 15 sportshall league series a chance to take on board an additional training session.

West Cheshire AC members will also be encouraged to compete in winter-based cross country fixtures.

The club will host a four round series of open fixtures for youngsters in school years 3, 4, 5, 6, 7 and 8 on October 8, November 19, January 21 and March 31.

And all members are also invited to participate in the following leagues: Manchester & District, North Staffs, Liverpool & District, and North Wales.

The training sessions have been planned to improve every members' conditioning for 2012.

The work will be tough, but the benefits of a hard winter will be well worth the effort.

FIXTURES

SEPTEMBER 2011

Sat 10 - Northern T&F League Promotion Match (Cleckheaton).
Sun 11 - Cheshire Junior Multi-Events Championships (Macclesfield).
Sun 11 - Vyrnwy Half Marathon (1pm)
Tue 13 - Multi-Terrain League Round Two (Harrison Drive Beach, 7pm).
Sat 17 - North West Road Relays Champs (Sefton Park, Liverpool, 11am).
Sat 17/Sun 18 - ESAA Comb Events (Stoke, 9am).
Sun 18 - Sutton Six 10k Road Race Guilden Sutton, 11am start (followed at 12:15pm - Fun Run - enter on day).
Tue 20 - Multi-Terrain League Round Three (Thurstaston, 6.30pm) West Cheshire Marshals - Course & Finish.
Thurs 22 - Wirral Centenary 3k Track Race (Bebington Oval, 7.45pm).
Sat 24 - Northern Road Relay Championships (Birchwood).
Sun 25 - Macclesfield Half Marathon (10am)
Tues 27 - Multi-Terrain League Round Four (Arrowe Park, 6.30pm).

OCTOBER 2011

Sat 1 - North Wales Junior Cross Country League Rd 1 (Bangor,10.30am)
Sat 1 - Northern Cross Country Relays (Graves Park, Sheffield).
Sat 1 - North Wales Cross Country League (Bangor, 2pm).
Sun 2 - Sandstone Trail Race (Duckington-Delamere, 10am start).
Sat 8 - West Cheshire AC Schools Cross Country Race One (Stanney, 10am).
Sat 8 - North Staffs Cross Country League Rd 1 (Winsford, 12.30pm).
Sun 9 - MBNA Chester Marathon (9am).
Sun 9 - Congleton Half Marathon (9.30).
Sun 9 - RunLiverpool Marathon (9.30).
Sun 9 - Flintshire 10k (Mold, 12 noon).
Sun 16 - Borders Road Running League Round 1 (Prestatyn, 11am start).
Wed 19 - Wirral Centenary Open Track 3k Race (Bebington Oval, 7.45pm).
Sat 22 -Manchester XC League Round 1 (Heaton Park, Manchester, 12.15pm).
Sat 22 - North Wales XC League Round 2 (Llandudno, 2pm start).
Sat 29 - North Wales Junior XC League Round 2 (Llandudno, 10.30am start).
Sat 29 - North Staffs XC League Rd 2 (Park Hall, Longton, 12.30pm start).
Sat 29 - Liverpool XC League Round 1 (Beacon Park, Skelmersdale, 2pm).
Sat 29 -Snowdonia Marathon (10.30am)
Sun 30 - NW Sportshall League Rd One.

West Cheshire AC Christmas Bingo
At Vicars Cross United Reformed Church,
On Friday, December 2nd, 7.30pm start.
Further details soon.

YOUR CLUB NEEDS YOU…
Helpers are urgently needed for the Sutton Six 10k Race on Sunday, September 18th. Email Bob Benson to pledge your support:
robert_f_benson@hotmail.com

A DATE FOR YOUR DIARY:
West Cheshire AC
Annual General Meeting
At the EPIC Leisure Centre, Ellesmere Port,
On Friday, November 25th, 2011,
7.30pm start.

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

The Inside Lane

COACHES WANTED

WEST CHESHIRE AC is always grateful to receive voluntary support.
Any parent or older athlete in our ranks wanting to further their interest in athletics is being invited to enrol for this winter's coaching award courses.
Anyone wanting further details about the coaching courses being staged should contact Coaching Co-Ordinator, Eddie Gore.

COPY DEADLINE

THE deadline for copy to appear in the next Newsletter is September 21. Email to: dennis.wall1@ntlworld.com

ON THE MAILING LIST

ANYONE wanting the Newsletter by email should contact Mike Lamb.

BORDERS LEAGUE DATES

WEST Cheshire AC members are being invited to represent the club in this season's Borders Road Running League campaign.
The fixture dates and venues are as follows:
October 16, Prestatyn; November 13, Wallasey; December 11, Tattenhall; January 8, Abergele; February 26, Chester Tri; March 11, Helsby; April 25, Deestriders.

CHESHIRE LEAGUE

MANY thanks to those West Cheshire AC members who turned out as athletes, officials, or helpers to make the final round of the Cheshire Track and Field League such a success.

PHYSIOTHERAPY

WEST CHESHIRE AC members can now receive substantial discounted prices from club member Heather McLintock, who is conducting sports physiotherapy sessions in Upton podiatry clinic, 9c Mill Lane, Chester, CH2 1BS, on Wednesday evenings.

Discounted prices will be offered to members on production of their membership card. Heather can be contacted on 01244 381350 or 07885 462487.

CHESHIRE NETWORK

WEST CHESHIRE AC members are invited to attend the following Cheshire Network fixtures:

October 2: Off-Road Development Day (at Teggs Nose Country Park, Macclesfield, 10am-3pm).

October 12: Planning the season ahead and goal setting (at Halliwell Jones Stadium, Warrington, 7pm).

November 14: Youth Development - how training affects young athletes (at Winsford Lifestyle Centre, 6.30pm).

November 27: Cheshire Run-Jump-Throw Series (at Macclesfield Track, 10am-2pm).

November 30: Nutrition for endurance athletes (at Knutsford Leisure Centre, 6.30pm).

Book your place on the above courses by ringing Vicky Huyton: 07738402931.

Cross Country Information:

WEST CHESHIRE AC are affiliated to the following leagues:

1 The Liverpool and District CC Union League: One race for men and women, at three venues before Christmas (used to be male-only but senior women now run with the men).

2 The Manchester Area CC League: All age groups (no under-11s at the first round), at five venues between October and February. For each race, runners use the race number allocated to them at the start of the series (additions are also allowed before each race). A runner's four highest finishing positions count towards individual and team awards at the end of the series.

3 The North Staffs CC League: Separate races across all age groups, at four venues before Christmas. Finishing positions in all four rounds count towards final placings.

4 The 'Grand Prix Express' North Wales CC League: One race at 2pm for women over-15 and men under-17 and over-70; another at 2:45pm for all other men. At five venues between September and February.

In league 2 above, each runner's number is recorded by the finish funnel stewards. Finishers in the other three leagues are handed a disc or ticket showing their finishing position, to pass on to the WCAC team recorder, who fills in a sheet to allow the race organisers to calculate team positions.

Second claim members can run in league 1 above. They can also run in league 2 if they notify the organisers beforehand. Leagues 3 & 4 do not allow either second claim or guest runners.

Age Groups for Leagues:

Veteran/Master age groups are decided by their age at the first league race of the series.

Liverpool and District CC Union; senior women must be over 20 and men 17 or older on the preceding 31st August.

Manchester Area CC League & North Staffs CC League, all age groups are from the preceding 31st August.

North Wales CC League; the under 17 & senior age groups are from the preceding 31st August.

www.westcheshireac.co.uk/crosscountry

Look at the above link and follow linked pages for further details or by contacting cross country secretary, Mike Lamb.

OFFICIALS COURSES

WEST CHESHIRE AC members wanting to become qualified officials (timekeepers, track and field judges, starters/marksmen), should contact Cheshire Officials' Secretary, Alan Morris, by emailing: cheshireofficials@gmx.com

Club Kit For Sale

WEST CHESHIRE AC members are being invited to buy a range of club clothing stock after Tuesday night club training at Stanney Oaks Track.
Ellen Molloy should be approached in the Club Office to purchase any of the following items:

Sweatshirts £10 each
T Shirts £5 each
Showerproof jackets £20 each
Adult running shorts £3 each
Running Vests £10 each.

All enquiries at Track Office on Tuesday night or Saturday.

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.

Please make a note in your diary:
Your help is needed when West Cheshire AC organise the:

Guilden Sutton Six 10k Race On Sunday, 18th September 2011,

At Guilden Sutton Village Hall, near Chester, 11am start.

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