

West Cheshire Athletic Club Newsletter

24th September 2021, Number 343

CLUB TRACK TRAINING THIS SATURDAY (25TH SEPTEMBER), HAS BEEN CANCELLED

HELP NEEDED FOR CROSS COUNTRY FIXTURE

Dennis Wall is looking for parent helpers and officials for the opening round of the West Cheshire AC Schools Cross Country Race Series at Ellesmere Port Sports Village, this Saturday, 25th September, (9.30am registration, for 10am start for first race).

If you can help Dennis set up the course from 8am, help on the registration desk from 9.30am, be a course marshal or race hare from 10am, and/or tidy up from about 12 noon, please email Dennis ASAP at: dennis.wall1@ntlworld.com

CLUB WELFARE TEAM VOLUNTEERS URGENTLY NEEDED

Club Welfare Team Volunteers are urgently needed to ensure that we provide a safe, supportive set-up in which any welfare or safeguarding issues can be reported and dealt with fairly, efficiently, and in line with England Athletics guidelines. Details of the role can be found here: <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2020/03/England-Athletics-Welfare-Officer.pdf>

If you would like informal advice on what is involved, please feel free to email club secretary, Julian Tegg, at: secretarywestcheshireac@gmail.com

NEW CLUB TRAINING REGISTRATION ARRANGEMENTS...

All Club members are being requested to enter the EPSV Track through the blue gates and register at the Container Office before joining their training group. Please remember to register before training because the Club needs to compile a register of who is on the site for health and safety reasons, and also ensure everyone training pays for their training session.

DATE FOR YOUR DIARY

West Cheshire AC's Annual General Meeting will be held online on Friday 26th November 2021. More details will be announced soon.

PLEASE RETURN CLUB EQUIPMENT

Eddie Gore is asking any club coach and athlete who has borrowed equipment to return the items to the club by the beginning of November so that he can carry out his annual inventory of items stored in the containers.

SHREDDER URGENTLY NEEDED

Please get in touch with Dennis Wall if you have a shredder or you know someone who has a shredder to deal with brambles, twigs and branches currently alongside the EPSV

Track Container Office. Whoever does the job can keep the mulch for their garden.
Dennis's email address is: dennis.wall1@ntlworld.com

CONGRATULATIONS MICHAEL!

Michael Young smashed the club senior men's and overall male half-marathon record with a time of one hour 11 minutes 22 seconds at the Chester Half Marathon.

He was joined at the Town Hall square finishing line by club mates Neil Finegan (third over-45 man in 1:17:51), David Shearer (seventh over-35 man in 1:18:02), Steve Fernyhough (10th over-40 man in 1:22:40), Steve King (ninth over-45 man in 1:23:35), Steve Duffy (13th over-40 man in 1:23:48), Graham Wells (11th over-45 man in 1:24:30), Wullie McGarrell (fifth over-55 man in 1:24:51), Ben McKean (27th over-35 man in 1:28:30), and Andy Carter (sixth over-50 man in 1:28:59).

Fiona Cook achieved third spot in her over-35 lady age category with a time of 1:29:07, ahead of team mates Andrew Clague (seventh over-50 man in 1:29:30), Danny Paddock (60th in the 17-34 age group in 1:35:26), Colin Berry (18th over-50 man in 1:37:08), Brian Wright (fourth over-65 man in 1:44:20), Steve Hillier (82nd over-40 man in 1:45:50), David Irving (86th over-35 man in 1:47:58), Stephen Ball (103rd over-40 man in 1:48:44), Claire Williams (16th over-45 lady in 1:49:54), David Sefton (134th over-35 man in 1:58:22), Sarah Hibbert (28th over-50 lady in 2:09:01), and Mark Povey (2:25:03) who has been struggling with an illness.

WELL DONE ELOISE!

Eloise Eccles was second lady finisher and sixth overall in the Self Transcendence 24 hour Track Race at Battersea Park Millennium Arena, where she achieved 133 miles which is a Spartathlon auto qualifier, plus a 100 mile split time of 16 hours 47 minutes.

TRIO SECURE PODIUM PLACES AT WAVERTREE

Ruby Carlile, Harriet Wheeler, and Sophie Haslam produced top two positions at the Liverpool Jumps and Throws Competition.

Ruby won the under 15 girls triple jump with 8.14m and cleared 1-35m for second spot in the high jump, while Harriet won the under 15 girls javelin with 37.29m, and Sophie achieved 4.14m for second spot in the under 15 girls long jump.

GREAT START TO THE NORTH STAFFS LEAGUE SEASON

The trio of Ruby Phillips, Jessica Lark, and Luke Parker all achieved podium places at the opening round of the North Staffs Cross Country League.

They all secured second-placed finishes in their age group races held at Betley Court Farm, near Crewe.

Ruby completed the under 13 girls race, while Jess headed the under 15 girls team of Aimee Phillips (sixth), and Cosette Wearden (11th) to top spot, and Luke finished ahead of team mate Ellis Hancock (14th) in the under 15 boys event.

Daniel Walker (11th) and Mack Tordoff (31st) completed the under 13 boys race, while sisters Georgina and Henrietta Duffey finished 12th and 13th respectively in the under 17 ladies event, and their mum, Alex, finished 94th in the ladies race.

Paul Morrison completed the under 20 men's event in sixth spot, while Steve Fernyhough (27th), Dave Alexander (42nd) and Andrew Clague (48th) completed the senior and veteran men's event and are third overall in the Division Two team event.

NATHAN REPRESENTS CHESHIRE AT BEDFORD

Nathan Brassington scored 2,236 points while representing Cheshire in the English Schools Combined Events Championships at Bedford.

In the junior boys pentathlon he clocked 12.95 seconds in the 80m hurdles, hit 10.13m in the shot put, long jumped 5.08m, cleared 1-68m in the high jump, and rounded the 800m in 2:40.30.

CONGRATULATIONS JESS!

Jessica Lark ran the mile at Bebington Oval and clocked a new West Cheshire AC under 15 girls age group record time of 5:34.1.

WIRRAL MULTI-TERRAIN LEAGUE

The final round of the Wirral Multi-Terrain League takes place at Arrowe Park, Birkenhead, on Tuesday (September 28) at 6.30pm. Online entries are being accepted at:

<https://wirralmultiterrain.niftyentries.com>

MANCHESTER AREA CROSS COUNTRY LEAGUE

West Cheshire AC has re-affiliated to the [Manchester Area Cross-country League](#) for the 2021-22 season. There is a one-off fee for entrants to enter all five rounds of this league, which WCAC has agreed to pay for its members, on the understanding that they participate in **at least two rounds of the league**. If you and/or your child are interested, and feel that you can commit to this, *please could you email: westcheshireac.xc@gmail.com by Saturday September 25th* with the name(s) of those who wish to enter.

MANCHESTER INDOOR ATHLETICS FIXTURES

Sale Harriers Manchester is organising a series of indoor open athletics fixtures at SportCity, Manchester, on Sunday, December 5, Sunday, December 19, Sunday, January 9, Sunday, January 30, Sunday, March 6, and Sunday, March 13. Further details can be found at: www.saleharriersmanchester.com and the online entries link is here: www.race-results.co.uk

SELF-ENTRY FOR NORTH STAFFS CROSS COUNTRY LEAGUE

For the 2021 season, entry to the North Staffs Cross-country league, to which West Cheshire AC is affiliated, will be via an online entry system, providing a single race number

that participants will wear for all four rounds of the league. The league has reduced the overall affiliation fee that each club pays to take part in the league, while introducing entry fees for participants in each round.

While this system makes sense practically, it would mean a big rise in costs to the club if the club paid both the affiliation and entry fees. Given this, and as the online entry procedure seems clear and flexible to allow members to self-enter, the club committee has agreed that the club will continue to pay the affiliation fee, but that it will not pay club members' entry fees from the 2021 season onwards.

The club still supports the league and will publicise each round via our website and social media, but if you wish to run in any of the four rounds and are a fully paid-up first claim member of West Cheshire AC, please visit the entry website: <https://www.avtiming.com/nscccl> and make sure that you enter before the relevant closing date, in order to take part in any or all of the four rounds. Entry fees, as shown on the website, are as follows:

Series Fees (ie all four rounds):

Juniors & U20's - £7.00 (+£1.00 Admin Fee).

Senior & Vets - £14.00 (+£1.50 Admin Fee).

Closing Date for Series Entries is 6pm on the 16th September.

Per Race Fees:

Juniors & U20's - £1.75 (+£0.65 Admin Fee).

Senior & Vets - £3.50 (+£1.00 Admin Fee).

Closing Date is 6pm on the Thursday prior to each race.

By entering all four rounds in advance, juniors and under 20s would pay £8, as opposed to £9.60 if entering all four rounds separately. Equivalent figures for seniors and vets are £15.50 versus £18.

The club is also active in both the Manchester Area Cross-country League (all age groups) and North Wales Cross-country League (under-17s upwards); it is proposed that the club will continue to pay members' entry fees to these leagues, presuming that there are no significant changes to the leagues' own entry procedures.

More details are available at <http://www.nsccl.org.uk/>. If you have any questions, please feel free to select "Cross country officer" from the contact page of the club website. <https://www.westcheshireac.co.uk/contact/>

HAPPY BIRTHDAY!

Many happy returns to the following Club members who celebrate their birthdays this week:

Amy Mills, Cerys Rowlands, Colin Berry, Xander Brocklehurst, Eve Cochrane, Madison Cobb, Rhianna Cooke, James Haslam, Dave McKay, Ava Byrne, Rose Duggan, Ethan

Gilgeours, Craig Smith, Javier Arechaga, Ian Carscadden, Georgia Broomfield, Matthew Jones, Hugo McLintock, Jamie Richardson, Mark Davies, Laura Parry.

And Next Week: Emma Ashcroft, Jack Falkingham, Tom Ogilvie, Kara Stoll, Daniel Pagan, Charlotte Austin, Daisy Cooke, Bernard Longman, Eva Renshaw, Joahua Wollaston, Nicholas Nowell.

CLUB DISCOUNT AT RUNNERS NEED CHESTER STORE

Runners Need are offering members 20% discount until the end of September. Show code in-store or enter it at the basket page online: **RN20PERCENT**

Full T&Cs apply.

At Runners Need, they source the latest innovations in performance fabrics and footwear, high-tech gadgets and training and nutrition science, so that you get the most out of every run.

Shop now at: runnersneed.com

T&Cs: <https://help.runnersneed.com/hc/en-gb/articles/360002092219-Partnerships-agreement>

REVISED EPSV CLUB TRACK & FIELD TRAINING PLAN...

With Covid-19 restrictions lifted from Monday 19th July, the Club produced a revised club track and field training plan (see below) for the Ellesmere Port Sports Village Athletics Track which was effective from Monday 19th July.

Athletes will be able to train with more than one group but must ask to join a group before attending.

All Club Training sessions will continue to be delivered throughout the School Summer Holidays and parents are encouraged to attend and assist at our training sessions.

MONDAYS:

Ian Ackroyd/Tim Palmer (Middle Distance, Lanes 1 & 2, 6-8pm)

Karl Fenney (Hurdles, Lanes 6, 7 & 8, 6.30-8pm)

Jane Palmer (High Jump, 6-8pm)

Victor Oyesola (Long Jump, 7-8pm)

Jon Moss (Sprints, Lanes 3, 4, 5 & 6, 6-8pm)

Helsby Running Club (First Monday of every month, Lanes 1 & 2, 6.30-7.30pm)

TUESDAYS:

Jill Gore/Jo Cartwright (Under 11s group, Lanes 1 & 2, & Long Jump, 6.30-8pm)

Dennis Wall/Mark Duffey (Middle Distance, Lanes 3 & 4, 6.30-7.30pm)

Graham Patterson (Middle Distance, Lanes 3 & 4, 6.30-8pm)

Alan Littler/Liam Davoren (400m group, Lanes 5 & 6, 6.30-8pm)

Victor Oyesola (Sprints, Lanes 5, 6, 7 & 8, 6.30-8pm).

Dave McKay/Jenny Manning (Throws, 6.30-8pm)

THURSDAYS:

Chris Morgan (Distance Running, Lane 1, 6.30-8pm);

Graham Patterson (Middle Distance, Lanes 1 & 2, 6.30-8pm)

Ian Ackroyd/Tim Palmer (Middle Distance, Lanes 1 & 2, 6-8pm)

Alan Littler (400m group, Lanes 3 & 4, 6-8pm)

Victor Oyesola (Sprints, Lanes 5 & 6, 6.30-8pm)

Jon Moss (Sprints, Lanes 5, 6, 7 & 8, 6-8pm)

Dennis Wall/Mark Duffey (Multi-Events group, Lane 6, 6.30-8pm)

Jane Palmer (High Jump, 6.30-8pm)

Dave McKay/Jenny Manning (Throws, 6.30-8pm)

SATURDAYS:

Dennis Wall/Jane Palmer/Victor Oyesola/Jo Cartwright (U11s-U13s/U15s Multi Events Group, 10am-12 noon)

Jon Moss/Alan Littler/Liam Davoren (Sprints, 10am-12 noon)

Dave McKay (Long Jump/Throws, 10am-12 noon).

YOUR CLUB COMMITTEE

The Club is managed by a committee who are volunteers and who are re-elected every 12 months and meet on the second Tuesday of every month to discuss a range of issues concerning the Club.

The Club Committee is comprised of: Mike Lamb (President), Jon Clarke (Chairman), Dennis Wall (Vice-Chairman, and Track and Field Officer), Julian Tegg (Secretary), Darren Shillington (Treasurer), Jane Pughe (Membership Secretary), Eddie Gore (Facilities Officer), Dave Alexander (Cross Country Secretary), John Parlevliet (Road Running Secretary), and Mark Duffey (Marketing Officer).

All the committee members are volunteers and at the next AGM Jon Clarke and John Parlevliet have confirmed they don't want to be re-elected, so replacements are needed. If you can help or would like to get involved please get in touch with our club secretary, Julian Tegg by email at: secretarywestcheshireac@gmail.com

HELP YOUR CLUB AND ATHLETICS BY BECOMING AN OFFICIAL...

The Club need officials at every fixture we attend, so why not help the Club and the sport? England Athletics are looking to arrange some Level 1 courses over the summer. Any potential new officials can fill in an expression of interest form on the EA website. Follow this link for more details: <https://www.englandathletics.org/officiating/officiating-journey/officiating-journey-step-1/>

ONLINE COURSES AND WORKSHOPS

An updated list of England Athletics Coaching and Officials Courses and Workshops can be found here:

<https://www.englandathletics.org/athletics-and-running/news/current-online-courses-and-workshops/>

TRACK AND FIELD COMPETITION UPDATE

England Athletics updated their Return to Athletics and Running Guidelines on 15th July which can be found here: www.englandathletics.org/coaching/athletics-and-running/news/guidance-update-2021/

COACHING WEBINARS

Take a look at the long list of EA webinars relating to running, jumping and throwing at this link: www.englandathletics.org/about-us/athletics-at-home/coaching-webinars/

PLEASE HELP TO STAY IN TOUCH

I would welcome any contributions for the Club Newsletter from yourselves, any impending marriages, or additions to the family, any running or competing incidents, also anything to help everyone stay entertained. Currently the response has been excellent, but if you have anything that could make it into next week's Newsletter – please email me at: dennis.wall1@ntlworld.com

HEATHER McLINTOCK'S PHYSIO OFFER

Heather McLintock has been in touch to say she is still able to offer physiotherapy if anyone is injured over this lockdown...Heather knows how important it is to exercise in this time so if she can keep people exercising that would be great. Heather's email address is: heathermclintock@hotmail.com

JASON OSWELL'S PHYSIOTHERAPY

Jason Oswell is now doing face to face Physiotherapy at the Athlete Factory gym in Chester. He is charging £30 a session to anybody from West Cheshire AC (normally charge is £45). His work email is now: contact@jasonoswellphysio.com and his website is: www.jasonoswellphysio.com

PLEASE HELP OUR CLUB WHEN YOU SHOP...

West Cheshire Athletic Club has registered with easyfundraising, which means over 4,000 shops and sites will now donate to the Club for FREE every time you use easyfundraising to shop with them. These donations will help SO MUCH, so please sign up to support us – it's completely FREE and doesn't take long at the following link:

https://www.easyfundraising.org.uk/causes/westcheshireac/?utm_campaign=raise-more&utm_content=gs-w1

ATHLETICS WEEKLY NEWS UPDATES

All the latest athletics news can be found on the Athletics Weekly website here: <https://www.athleticsweekly.com/>

HELP AND SUPPORT

Anyone requiring help and support while self isolating can contact the local council hotline number of 0300 123 7031.

This is a dedicated hotline number for those self isolating and who don't have anyone to help. A call to this number will provide help organising food or medicine deliveries, or some sort of social contact. The number for the most in need is 0300 123 7031. It is open Monday to Sunday (8am-7pm).

ALSO - Please feel free to ring me (Dennis) if you want a chat or need any help or support. My numbers are: 0151 201 1254 and 07968 643038.

IT'S GOOD TO TALK

Members and parents are reminded to look at the following links for updates about the Club:

FACEBOOK: West Cheshire AC, West Cheshire AC Road Running, west cheshire ac jnr to u20 middle distance group

WEBSITE: www.westcheshireac.co.uk

TWITTER: <https://twitter.com/westcheshireac>

INSTAGRAM: <https://www.instagram.com/westcheshireac/>