

## West Cheshire Athletic Club Newsletter

**10th September 2021, Number 341**

### **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 Track 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 to ensure everyone training pays for their training session.

### **HELP NEEDED FOR MULTI-TERRAIN LEAGUE**

The next round of the Wirral Multi-Terrain League takes place at Thurstaston Country Park, this Tuesday (September 14), at 7pm, and West Cheshire AC are hosting, so please let Mike Lamb know ASAP if you can help by emailing him at: [myclam.pleck@tiscali.co.uk](mailto:myclam.pleck@tiscali.co.uk)

Other rounds are at Harrison Drive, Wallasey, on Tuesday, (September 21), at 6.30pm; and at Arrowe Park, Birkenhead, on Tuesday (September 24) at 6.30pm. Online entries are being accepted at: <https://wirralmultiterrain.niftyentries.com>

### **LIVERPOOL JUMPS & THROWS COMPETITION**

**The closing date is 6pm on Tuesday for the Liverpool Jumps & Throws Event at Wavertree on 18th September.**

The link for the timetable is below and a link to the entry form is at the top of the timetable:

<https://www.liverpoolthrowsjumps.co.uk/timetable.html>

### **NORTHERN INDOOR ATHLETICS FIXTURES**

Provisional dates for the [Northern Athletics](#) indoor meetings at [English Institute of Sport, Sheffield](#) are:

Northern Indoor Open Meetings: **27 November** and **11 December** 2021

Northern Indoor Senior / U20 / U17 Championships **15-16 January** 2022

Northern Indoor U15 / U13 Championships **6 February** 2022.

### **CROSS COUNTRY FIXTURES**

**NORTH STAFFS LEAGUE (all age groups)** - Round 1 at Betley, Crewe, on Saturday, 18th September; Round 2 at Stafford Common, on Saturday 16th October; Round 3 at Park Hall, Stoke, on Saturday, 30th October; at Betley, Crewe, on Saturday 18th December.

**Club Members will need to enter themselves** - 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.

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/>

**MANCHESTER LEAGUE (all age groups)** - Round 1 at Wythenshawe Park, on Saturday 16th October; Round 2 at Sherdley Park, St Helens, on Saturday 13th November; Round 3 at Kenworthy Woods on Saturday 4th December; Round 4 at Tatton Park, Knutsford, on Saturday 15th January; Round 5 at Heaton Park, on Saturday 19th February.

**The club will continue to pay members' entry fees to the Manchester League.**

**NORTH WALES LEAGUE (under-17s upwards)** - Round 1 at Morgan Llwyd, Wrexham, on Saturday 2nd October; Round 2 at Bangor, on Saturday, 23rd October; Round 3 at Mostyn, Flint, on Saturday, 27th November; Round 4 at Colwyn Bay, on Saturday, 22nd January; Round 5 at Oswestry, on Saturday, 5th February.

**The club will continue to pay members' entry fees to the North Wales League.**

**PROVISIONAL CHAMPIONSHIPS DATES** - Cheshire (Saturday 8th January); Northern (Saturday 29th January); English National (Saturday 26th February, at Parliament Hill, London).

## **2021/2022 BRITISH CROSS CHALLENGE SERIES**

**Dates & Locations are as follows:**

16th October – Cardiff (Llandaff Fields)

13th November – Milton Keynes (Teardrop Lakes)

27th November – Liverpool (Sefton Park) incorporating European XC Trials

15th January – Edinburgh (Holyrood Park) Provisional TBC

22nd January – Belfast (Billy Neill Centre of Excellence Dundonald)

12th March – Loughborough (Prestwold Hall) incorporating UK Inter Counties Championships.

## **FINE END TO THE LEAGUE CAMPAIGN**

The Club's youngsters concluded the track and field league season with several victories.

They travelled to Wavertree, Liverpool, for the final round of the under 13/15, and under 17/20 Youth Development League campaigns.

Rob Austin (100m), Alfie Lane (200m), Reece Munro (800m), Luke Parker (800m), Luke Haslam (javelin), Tom Shillington (javelin), Holly Bosworth (long jump), Jessica Lark (800m), Ruby Carlile (high jump), Harriet Wheeler (javelin), Macey Jones (75m), Nancy Collins (75m), and Eleanor Neve (javelin) all celebrated success in Saturday's fixture.

They were backed up by Lewis Parsons, Nathan Brassington, Andrew Barritt, Emily Owen, Teresa Arvidsson, Macy Brett, Sophie Haslam, Rose Duggan, Kara Stoll, Amelia McLintock, Theo Shepherd, Ellis Williams, Noah Woolgar, Daniel Walker, Thomas Rimmer, Oliver Douglas, Will Rawson, Charlotte Austin, Faith Barlow-Gambles, Ruby Phillips, Emilia Pyper, Eleanor Wheeler, and Mae Grant.

Matthew Webb (shot put), Carys Roberts (400m), Sammy Hollins (1500m), Jamie Richardson (1500m and discus), Emma Holmes (long jump), Imogen Pughe (300m), Isla Shillington (discus and hammer), all tasted success in Sunday's event.

They were supported by Fraser Campbell, Matthew Douglass, Lauren Williams, Francesca Pughe, Nathan Broomfield, Henry Robinson, Ruby Wisbey, Yasmin Smith, Rebecca Dilworth, Megan White, and Jodi Bemand.

### **CONGRATULATIONS TO KEELY AND FIONA!**

Keely Smith and Fiona Cook achieved podium places at the Village Bakery Wrexham Half Marathon.

Keely posted one hour 24 minutes 38 seconds for second spot in her over 35 age group, and Fiona was third with 1:28:21.

Steve Fernyhough was first home for West Cheshire AC with 1:19:44, backed up by Ian Gloyne-Phillips in 1:22:21, Ben McKean (1:29:04), Ian Ackroyd (1:42:57), and Amy Mills (1:52:17).

### **PLEASE HELP! - CHESTER HALF MARATHON VOLUNTEERS URGENTLY NEEDED**

On SUNDAY 19TH SEPTEMBER West Cheshire AC is contracted to provide 40 marshals for the Chester Half Marathon and in return the Club receives a generous financial contribution to Club funds **(Without this single source of income your Club membership subs would be significantly higher each year).**

You need to be available between 8am and 12 noon on race day. NO PREVIOUS EXPERIENCE IS REQUIRED.

You will have great fun cheering on the 5,000 runners and your club mates who have entered. And you'll get a technical t-shirt and goody bag full of chocolate and Haribo as thanks.

Just to clarify – you don't need to be an active Club member yourself to be a marshal – any friend, family member or ex-Club member over the age of 18 would be very welcome! Although anyone under 18 doesn't count in our head count of marshals, kids are welcome to come down with you and will enjoy the event too.

Please let Ellie Robinson know if you can join the WCAC marshal team by emailing her at: [ellie.henrob3@outlook.com](mailto:ellie.henrob3@outlook.com)

### **REGISTERING FOR BORDERS LEAGUE RACES**

**John Parlevliet is vetting the Borders League registration list for West Cheshire AC members wanting to compete this season.**

**Eligibility requires EA membership (for competition) paid as part of your club membership.**

**John will be removing many names due to non-current membership. If you wish to compete in this series including:**

- \* new members (or renewing any time from now onwards)**
- \* newly eligible (eg 15 and 16 year olds), or**
- \* just never registered for this league previously....let John Parlevliet know ASAP.**

**Coaches feel free to discuss with athletes if this competition is right for them.**

**Eligibility 15yrs+ at end of September and 1st claim club membership with EA membership.**

**Please email John ASAP at: [jparlevl@gmail.com](mailto:jparlevl@gmail.com)**

**SCHOOLS CROSS COUNTRY RACE SERIES IS BACK!...**

The 2021-22 West Cheshire Athletic Club Cross Country Race Series will return this month on the field at Ellesmere Port Sports Village. The dates for your diary are: Saturdays, September 25, October 2, October 23, and November 27, all starting at 10am. Please help to publicise the event and email Dennis ASAP if you can help out at the opening round at: [dennis.wall1@ntlworld.com](mailto:dennis.wall1@ntlworld.com)

**HAPPY BIRTHDAY!**

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

Ursula Archer, Evan Miller, Miles Thompson, Alan Littler, Joshua Oates, Kadie Gledhill, Jac Goodall, Mae Grant, Rob Little, Beth Mackay, Isaac Millachip, Luca Richards, Daniel Walker, Eleanor Neve, Andrew Barratt, Elizabeth Jones.

And Next Week: Jayne Noble, Abigail Pinnells, Ewan Watson, Dakota Fleming, Joe Williams, Isabella Wollaston, Richard Hunt, Matthew Webb, Halle Howell, Dan Willetts, Martha Willetts, Maya Jennings, Harriet Pritchard-Bibby, Ava Hancock, Joseph Watkin.

**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](https://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](mailto:secretarywestcheshireac@gmail.com)

## **CLUB WELFARE TEAM VOLUNTEERS URGENTLY NEEDED**

Club Welfare Team Volunteers are 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: <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](mailto: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/](https://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/](https://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](mailto:dennis.wall1@ntlworld.com)

### **COACHING COURSE UPDATE**

England Athletics has started to publicise Virtual Coaching Courses on their website. Follow this link to find a list of virtual courses: [www.athleticshub.co.uk/course-list/eng?what=Coaching%20Assistant%20&\\_ga=2.18717049.1392192673.1](http://www.athleticshub.co.uk/course-list/eng?what=Coaching%20Assistant%20&_ga=2.18717049.1392192673.1)

**Please get in touch with Dennis if you do book on the course at: [dennis.wall1@ntlworld.com](mailto: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](mailto: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](mailto:contact@jasonoswellphysio.com) and his website is: [www.jasonoswellphysio.com](http://www.jasonoswellphysio.com)**

### **RUN LEADER DEVELOPMENT DAYS...**

England Athletics Run Leader Development Days is a series of informative and engaging workshops aimed at leaders and coaches from affiliated clubs and RunTogether groups. They are designed to bring leaders and coaches together in an environment where they can network and learn from each other by sharing skills and challenges, plus expand their knowledge of managing and growing groups, and enhance their understanding of technical skills in running.

Read more and book online at: <https://bit.ly/EARLDevDays>

**Please get in touch with Dennis if you do book on the course at: [dennis.wall1@ntlworld.com](mailto:dennis.wall1@ntlworld.com)**

### **ENGLAND ATHLETICS WEBINARS**

A revised list of England Athletics webinars can be found here: [www.englandathletics.org/about-us/athletics-at-home/coaching-webinars/](http://www.englandathletics.org/about-us/athletics-at-home/coaching-webinars/)

### **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](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](http://www.westcheshireac.co.uk)**

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

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