

Network Newsletter

Merseyside Athletics Network Cheshire Athletics Network Merseyside Athletics Network Cheshire Athletics Network Merseyside Athletics Network

May 2012



The Olympic Torch comes to North West!

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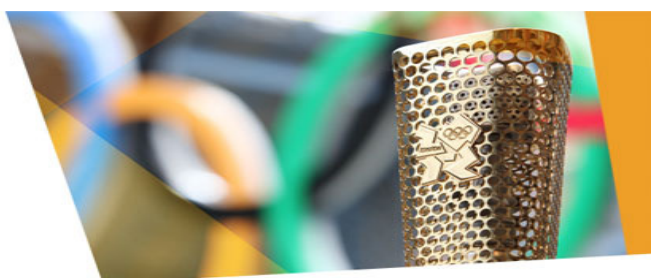
The Olympic Flame will come within 10 miles of 95% of people in the UK and its on its way to the North West in a couple of weeks!! It will enable local communities to shine a light on the best their area has to offer– including celebrations of local culture, breathtaking landscapes and dynamic urban areas.

A precise ritual for the lighting of the Flame is followed at every Games. It is lit from the sun's rays at the Temple of Hera in Olympia, in a traditional ceremony amongst the ruins of the home of the ancient Games. After a short relay around Greece, the Flame is handed over to the new Host City at another ceremony in the Panathenaiko stadium in Athens. The London 2012 Olympic Torch is gold with 8,000 small holes representing the 8,000 torch bearers.

Events:

27th May 2012
Off Road Development Day

May– June 2012
Olympic Torch Relay



The Olympic Torch will reach our two counties on:

Chester- 29th May

Crewe- 31st May

Liverpool- 1st June

For more information on the route , please visit:

www.london2012.com/torch-relay

Macclesfield Harriers 100days to go event...

Macclesfield Harriers and AC have been one of 190 clubs who this week have been hosting a 100 Days to Go event. They saw newcomers welcomed to the sport, local clubs coming together, and international athletes paying a visit to celebrate the landmark in the countdown to the Olympic and Paralympic Games. At Macclesfield seven teams made up of athletes from a number of local clubs, and covering a wide range of ages took part in a 100 lap relay on the track and youngsters were invited to come along to 'Try Athletics' with events including 50m and

100m sprints and a mini trail/fell race being held. The track also saw different world records marked out – such as markers in the sandpit for the long jump, and high jump and polevault bars raised right up to where the men's and women's marks stand. As well as the youngsters (and older newcomers) getting a taste for the sport there were also displays of information about different aspects of the club. International pole vaulter Andy Sutcliffe was on hand to give the youngsters encouragement and dish out goody bags, and Sandra Wright was also on

hand letting youngsters (and the young at heart) take a look at the Olympic Bronze medal she won in the 1992 Olympic Games.



Merseyside Club Updates....

Liverpool Harriers AC

Lots of Harrier athletes competed at the BUCS Championships held at the Olympic Stadium on the 4-7th May.

Many new club records were also set and plenty of the athletes got new PBs. All three of Jack Merediths runs in the 110 hurdles were inside the club records!!

Wirral AC

Wirral AC are organising Track Endurance races which will take place once a month between March and October. Each event will cost £1 and will begin at 7:45 at the Oval Track, Bebbington. For more information about these races, please visit: www.wirralac.co.uk

Penny Lane Striders RC

PLS are now taking entries for their annual 10k race on Sunday 24th June 2012. The race will begin at 10:30am at the Riversdale Police Club, Riversdale Road, Liverpool, L19 3QN. For more information on the race, please visit: www.pennylanestridders.co.uk

Southport Waterloo AC

Success for athletes at the first Tuesday night Stretford race! Seven senior runners attended all keen to get the track season off to a flying start! Three new personal bests were achieved! Most of the athletes ran the 800m with James Tart being the fastest on the night with a new PB of 1:51.85!

Liverpool Pembroke and Sefton

In mid-June the club are expecting the arrival of 8 Olympic athletes who will be training with the club at Edgehill where they are based. The athletes will come from 4 countries in Oceania, Palau, Marshall Islands, American Samoa and the Federated States of Micronesia. The athletes will train at Edgehill for approx 6 weeks before moving to their London training base in late July.

St Helens Sutton AC

There was success on a very rainy day for St Helens at the first of the Junior Leagues this year– with victories by Michael Causer and Taylor Caton-Hand in the Long

Jump and a personal best for Tricia Spark in the Shot Putt. The club came fourth overall and would like to thank all that helped.



Knowlsey Harriers

Knowlsey Harriers are a newly formed athletics club made up of road running, cross country, track&field and triathlon groups. They train in Knowlsey, Kirkby and Halewood.

Wallasey AC

Wallasey men came away with the first division of the Borders League title by overhauling Wirral AC in the final fixture hosted by Deestridders. The course in Shotton had to be changed at the last minute because of a road closure. Several remarkable performances assisted Wallasey in winning the title.

Off Road and Endurance Training Day– Cheshire

This training day is being organised by the Cheshire Athletics Network and led by Spectrum Striders RC.

The aim of the day is to bring together clubs, coaches, leaders and runners from across the county to celebrate running!

The event will cater for all abilities of runner and coach and of all experiences. The day is giving individuals the chance to experience road, trail and fell running and all that is involved in running these

different terrains.

Jackie Newton, a Cheshire favourite, will be the lead coach for the day and will be teaching runners and coaches alike the right techniques to run up, down and across the varied topographies of Cheshire!

There will also be a nutrition workshop delivered by Richard Othen and the importance of eating right when training and when competing.

Attendees of the day will also receive a free Leadership in Running Fitness course which is

being provided by Sport Cheshire and their partnership work with Run England.



UK Athletics Update



FREE COACHING COURSES

From the 1st May 2012 UKA will launch the Event Group coaching qualifications. In line with current trends in education and training, these qualifications will be delivered via a combination of eLearning modules through the UKA LEARN platform and a one day in person course.

Until April 2013– these courses are FREE!!!! This is to ensure that

coaches in the UK can access the



best quality coach education in a truly significant year in our sport. The modules are the latest part of the overhauled coach development structure that has been put in place

by UKA Head of Coaching and Development Kevin Tyler since his arrival in December 2008. By making the qualification free of charge to coaches, the bodies have further underlined the emphasis on a coaching legacy that lasts beyond Olympic and Paralympic Year.

For more information please see the UCoach website.

England Athletics Update



STRATEGIC FACILITIES PLAN LAUNCHED BY ENGLAND ATHLETICS

Facilities are absolutely vital to the sustaining the current level of activity that many of our affiliated clubs across the land enjoy. This applies not only to specific athletics track and field facilities but also to the social amenities, changing rooms and car parking which a club of any discipline requires to sustain, thrive and grow. Facilities

provide the environment where success can be shared and enjoyed by existing participants, supporters and spectators alike.

To grow and sustain participation in any sport, there are several factors that come into play, for athletics, access to a healthy stock of safe and suitable facilities is one of the most crucial. EA have produced this strategy document in part to inform its own work and future investment into local athletics facilities, but also to

inform and guide local stakeholders in this vitally important facet of the sport.

EA have produced a document which follows the recent launch of an athletics specific Asset Transfer Facility Guide and the two documents are interrelated. If you would like more information on the Strategic Facilities Plan then please visit:

www.englandathletics.org

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Merseyside
Athletics Network



Cheshire
Athletics Network



The Olympic Stadium is officially open!!

40,000 people witnessed the official opening of the Olympic Stadium on May 5th 2012.

The stadium was put to the test with the hosting of the BUCS Championships which saw hundreds of athletes from universities across the country competing in Track and Field Events.

With 2012 hours to go, there was a celebration on the Saturday evening which saw various celebrities taking part in old Olympic events such as Tug-o-war and tandem cycling.

Throughout the weekend, 40,000 spectators watched athletes from Universities all around Britain compete in the BUCS Championships who were the first athletes to run on the track which in 3 months time will see the likes of Usain Bolt and Mo Farah no doubt setting some records! Congratulations to all of the athletes from Merseyside and Cheshire who competed— something I am sure they will not forget for a very long time!!

