



Warwickshire County Athletics Association
THE BEAR –JULY 2011
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Editor Keith Richards

ASSOCIATION MATTERS

- There are no General Meetings scheduled for 2011
- The County AGM will be on 23rd November 2011, in the new Coventry Godiva Clubhouse.
- The next Officers' meeting is on 7th September 2011.
- CSW Networks: the next meeting will be held on 3rd August at the Coventry Godiva Clubhouse.

1 INTER-COUNTIES TRACK AND FIELD CHAMPIONSHIPS.

The Championships were once again staged at Bedford. The Men were 8th overall with 31 points and the Women 5th with 48 points. Three athletes won their event: Tom Parsons did 2.27 in the High Jump, Emma Williams 55.46 in the 400m and Ese Okoro 59.76 in the 400H. Second places were gained by Ann Wheeler in the 3,000 Walk 16.45 and Sineade Gutzmore in the Triple Jump, 13.00.

Thanks are due once again to Becky Freeman for contacting and cajoling athletes into competing and as Team Manager at Bedford.

As a result of his performance and others, Tom was chosen to represent Great Britain and NI in the European Cup, but unfortunately had to withdraw due to injury.

2 COACHING COURSES.

10th September Leadership in Running Fitness King Henry V111 School Coventry £90.

24th September Coaching Assistant Alexander Stadium Birmingham £130/ £175.

Coach in Running Fitness University of Warwick £325/£365.

8/9th October European Endurance Coaching Conference Renaissance Hotel Heathrow.
See England Athletics website for more details.

3 OFFICIALS.

17th September Level 2 Courses in Field, Track and Timekeeping Moorways, Derby £15 each.

15/16th October Level 3 Course venue tbc £30.

16th October Level 4 Course venue tbc £50 or £15/ module.

Events do not happen without officials so it is good to be able to congratulate the following, who have Warwickshire connections and have been nominated to officiate at the 2012 Olympic Games: Graham Heeley, Stewart Barnes, Rob Mulgrue, Stuart Paul, Dave Sprayson, Paul Nash and Mary Hodges.

4 CAU SECRETARY.

Congratulations to our Chairman Ray Morgan on being elected the new CAU Secretary of the Counties Athletic Union. His first job is to write to himself to complain about one of the County's athletes being disqualified at Bedford.

5 COUNTY CHAMPIONSHIPS 2011

The Track and Field Championships were held at The Pingles Stadium Nuneaton. We would like to thank the Staff at the centre for their help before and during the Championships which helped to make the proceedings run smoothly.

The Warwick Vase for the club gaining most points in the Championship was retained by Birchfield Harriers with 613, from Rugby and Northampton 467 and Coventry Godiva Harriers 451.

The Coronation Cup for the winner of the senior Men's 1500m was won for the first time by Nicholas Lyster of Godiva. The Jack Hartley Trophy for the best individual performance is awarded to Rowena Cole of Coventry Godiva Harriers for her performance in the 800m (2.06.8).

For the first time your committee decided to recognize the top performances by individuals in each age group. It is a tribute to the quality of performances in some age groups that we drank 2 cups of coffee whilst debating the winners. The most difficult was in the U17 Girls; where of the 6 names put forward, 5 were ranked in the top 10 nationally.

The winners are:

U13G Isobel Davis of Leamington C&AC for her 1500m in 5.07.5, a new County record.

U15G Georgina Rogers of Birchfield Harriers for her 300m in a new County record of 41.5.

U17G Joint winners, Katie Staiton of Birchfield Harriers (300m hurdles in 44.5) and Kerry Murch of Rugby and Northampton (new County Javelin record of 39.31).

U20W Melissa Hanson of Birchfield Harriers for her 200m in 24.9.

SenW Rowena Cole of Coventry Godiva Harriers for her performance in the 800m (2.06.8).

MasWom Julie Rogers of Birchfield Harriers for her 400m hurdles in 70.6.

U13B Jordan Lloyd of Birchfield Harriers for his 200m in 27.3.

U15B Jordan Broome of Coventry Godiva Harriers for his 200m in 23.9.

U17M Nick Wilson of Solihull and Small Heath AC for the 100m hurdles in 13.7.

U20M Jose Martin-Fullerton of Birchfield Harriers for breaking his own County record with a jump of 14.87.

SenMen Jordan McGrath of Birchfield Harriers for his 400m in a time of 47.8.

MasMen Rob Andrew of Bournville Harriers for his endurance double which set two new County records (800m in 2.04.3 and 1500m in 4.13.0). (3 Jordan's!).

The only downside was that 100 fewer athletes entered the Championships compared to 2010. Did you fall into this group, is so why? Let us know and why. keishe@talktalk.net

The next WCAA promotion is the Relays meeting at Leamington on Wednesday evening 24th August. Full details on the County web site.

6 British Masters Championships

Congratulations to all medalists at the Championships held at the revamped Alexander Stadium, particularly the double gold medalists: Ellena Ruddock 100/200m and 2 Championship best performances, Rob Andrew 800/1500m, Ann Wheeler and Keith Richards 3,000 and 5,000m walks. Brian Darby set a CBP in winning his 400m and was second in the 200m, Monica Williamson 1st 1,500 2nd 800. Kevin Murch also set a CBP in winning the Javelin

7 English Schools Track and Field Championships, Gateshead

Sian Rainsley was the only County winner with a p b in the Junior Girls 1,500 of 4.35.02. Ebony Wake was 2nd in the JG long jump with 5.59. The equal winners of the U17 girl's plaques at the County Championships, Katie Stainton and Kerry Murch, landed bronze medals in the IG 300H and Javelin respectively. Josh Hill was 3rd in the IB High Jump with 1.96. Well done to all the other County athletes who qualified to compete.

8 2011 WCAA ROAD RACE CHAMPIONSHIPS

The first Championship race of the season was the 10k hosted by the Two Castles race.

1 Matt Lole 32.05 2 Richard Simkiss 32.50 3 Paul Thompson 33.59

M35 Emerson Combstock 34.37 M45 Pete Bryan 36.52 M55 Alex Montgomery 39.39

M65 Tom Marchi 53.41 U20 Guy Allen 34.18

Women: 1 Madeline Boardman 38.57 2 and W45 Monica Williamson 39.30

3 and W35 Katie Banerjee 40.44 W55 Angela Attwood 52.51 U20 Faye Barr 46.17

The remaining championships are:-

24th August Godiva Autumnal 5 miles 6.45pm start £7 (club) entries to 'Autumnal 5 race entries to: 107 Berkeley Road South Coventry CV5 6EF.

4th September Kenilworth Half Marathon: 10.00 start at Castle Farm Sports Centre, entries by club website kenilworthrunners.co.uk or to Race Secretary 25, Blackblades Blvd. Chase Meadow Warwick CV34 6DT

23rd October Rugby 10 miles. Details to follow.

9 WRRL Results

To see the full results of each race and the cumulative position so far have a look at the excellent League results web pages set up by Mike Ellis, Sean Lonergan and Richard Carney. Link through from the County web site www.warwickshirecountyAA.co.uk or go direct to http://www.warwickshirecountyaa.co.uk/wrrl_site/index.htm (should be lower case)

The results include the first five races in the League which were the Regency Run 10k (Spa Striders) , the Northbrook 10k, the Two Castles 10k (Leamington C&AC), the Sphinx 5 miles and the Stratford Summer 6. The BRAT 5k was held this week and will be included soon.

The leading contenders so far are M20 Tom Delaney (Sphinx), SenM Richard Simkiss (Ken), M40 Andrew Holbrook (Ken) M50 Michael Williams (Ken) M60 Tom Dable (Ken) M70 Peter Estick (MassF) L20 Mallory English (Sphinx) and Meredith Cox (S+SH) tied, SenL Zara Blower (Leam), L35 Jenny Jeeves (Leam) L45 Theresa Woolley (Cent)

The team competition is particularly close:

Men Kenilworth 97pts Centurion 74 Sphinx 71 Leamington 70

Women Leamington 86pts Stratford 80 Northbrook 78 Centurion 68

10 ROAD WALKS

Brendan Boyce represented Ireland in the European Cup of Race walking in Olhao, Portugal at 20k. Team Management for the GB and Northern Ireland team included Andrew Drake as Head of Mission and Ian Richards as Men's Team Manager.

Brendan has been chosen to walk in the World Universities Championships.

11 MORE RESULTS

James Walsh finished an excellent 6th in the Great Manchester Run over 10k in 48.42, only 30 seconds behind Haile Gebresalassie. Laura Whittle (Kenney) was 10th in the Women's race. In the Manchester Street event, Mark Lewis-Francis won the 100m, and Marlon Devonish finished 3rd in the 150m.

Sue Harrison completed the grueling Comrades Marathon (56k) in South Africa in 11th place in the Women's race and 240th overall in 7.11.45.

We have a wide distribution but we cannot reach everybody. So, please copy, distribute and display in your Club.

Keep following 'THE BEAR'

www.WarwickshireCountyAA.co.uk