



Warwickshire County Athletics Association

THE BEAR –MAY 2009 ISSUE 03/2009

ASSOCIATION MATTERS

- The post of Hon Secretary is still **unfilled**. Do you know of anyone who might be prepared to take on this role?
- There are **NO** general meetings scheduled for 2009 but regular feedback will be maintained via “the Bear”, e-mails and our website.
- The 2009 AGM will be on Wednesday 25th November.
- The next Officers’ meeting is on Wednesday 15th June.

1. COUNTY TRACK AND FIELD CHAMPIONSHIPS 2009

Although the main Championships were held on the weekend of May 9/10, the first track events were the U17 3000 metres held at Birmingham Rowheath. The first 2009 County Champions were: Jack Gray and Emily Waugh.

After a cold and wet 2007 and a very hot 2008, this year’s weather at Saffron Lane was more normal and better for both competitors and officials.

A number of records were broken or set but Amit Patel and Amelia Benjamin broke two each. The full results are shown on the event web site www.3CountyAthletics.co.uk
The Jack Hartley Trophy was awarded to Rowena Cole (Coventry Godiva) for her performance in the Senior Women’s 800 metres. She is a first-year Junior, and not only won the race in a pb, but beat the record which has stood for 15 years.

The Warwick Vase, awarded to the team scoring most points went down to the wire with Rugby and Northampton edging out Godiva by a mere 13 points (568 to 555) with Birchfield third. Top three individual point scorers were: Manjit Kaur Bains 68, Kerry Murch 44 and Jade Perry 39.

Overall the organizing committee was pleased with the competition both prior to and during the weekend, with the only niggle being athletes entering for the wrong County. It is your place of birth or you current residence which qualifies you for your County, not your club.

2. COUNTY ROAD RACE CHAMPIONSHIPS

The Men’s 5 miles was won by Paul Andrew of Northbrook in 25.50 and the Women’s by Tina Brown (Godiva) in 27.33

3. 2009 WCAA ROAD RACE CHAMPIONSHIP FIXTURES

Sunday 7 th June	Two Castles 10k from Warwick to Kenilworth
Thursday 9 th July	Birmingham Rowheath 5k
Sunday 13 th September	Nuneaton 10 miles

4. COACHING COURSES.

There are a variety of courses in the area over the next 5 weeks:

Level 1 13 June, Wyndley, Sutton Coldfield and 26 June Ken Marriott Sports Centre, Rugby

Level 2 27 June, Endurance, sprints and Jumps Alexander Stadium, Birchfield.

Level 3 14 June, Endurance (800/ 1500 specific) (3k -10k specific) (Marathon specific), Alexander Stadium. Further details are on the England Athletics website.

5. CRB checks

UK Athletics are requesting all those who come into contact with young athletes during athletic activity to obtain or renew their CRB checks. Your Club should have a welfare Officer or somebody who looks after the CRB process who can advise you what to do.

6. DEVELOPMENT FORUMs

www.quadkids.org.uk describes the new England Athletics scheme for introducing athletics to the U11 age group as a positive experience. Team managers of the teams in the CSW U11 League will hear more about this at the next meeting (details to follow).

7. INTER COUNTY TRACK and FIELD MATCH

The Senior Match is once again at Bedford over the May Bank Holiday. The team has been selected and is on the County web site.

Nuneaton Harriers play hosts (on behalf of the County) for the U13/U15 Inter County match on Saturday September 12th. If you want to be considered for the team you should make John Nash (the Team Manager) aware on 01926 421563 or johnnash@email.com and keep him informed of your progress.

8. SOME FURTHER DATES FOR YOUR 2009 DIARY.

CSW Development Forum meetings: 17th June, 7th October

24th /25th May CAU Inter Counties Senior track and field match at Bedford.

31st May Northbrook 10k www.northbrookac.org.uk

24th June Sphinx Midsummer 5 miles, Coventry Memorial Park
www.sphinx.org.uk

4th July Stratford A C Summer 6 miles. www.stratfordac.co.uk

28th August Coventry Godiva 5 miles Memorial Park.
www.coventry-godiva-harriers.org.uk

27th September Hatton 5 miles multi terrain www.hattonworld.com

4th October Kenilworth half marathon www.kenilworthrunners.co.uk

8th November Rugby and Northampton A C 10 miles Draycote Reservoir.
www.randnac.org

9. RACE WALKING

Mark O'Kane of Godiva won the UKA Junior 10k Road Walk title at Shrewsbury and as a result has been chosen to represent Great Britain and Northern Ireland in the European Cup of Race Walking in Metz, France on 24th May. The last edition was in Leamington in 2007.

**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