



Warwickshire County Athletics Association
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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
- The next Officers' meeting is on 13 April 2011.

1 INTER-COUNTIES CROSS-COUNTRY CHAMPIONSHIPS

The Championships were staged at Cofton Park over a muddier course than that used for the County Championships in January. Places were on offer for the World Cross-Country Championships in Spain, and after the heartbreak of 2010, James Walsh secured his place in the team by finishing 5th in the Senior Men's race. The other county competitors responded to James' effort and finished 5th team (based on 6 to count), and 2nd based on the full 9 members, an excellent performance.

Other County results: SM Phil Hinch 16th, U20M team 9th Paul Thompson 7th, Jack Gray 20th, U17M team 8th Matt Rose 19th, Tom Griffith 21st, SW Laura Whittle-Kenny 11th, U20W team 7th Emily Waugh 18th, U17W team 4th, U15G team 8th Sian Rainsley 8th. James Walsh was 4th Brit home in Punta Umbria in 77th place.

2 MORE CROSS COUNTRY CHAMPIONSHIP NEWS.

BMAF: Monica Williamson was 2nd in the W50 age group. Birchfield Ladies were 3rd in the W35-44 group and Rugby and Northampton 5th in the 45-54 group.

Birmingham League Cross-Country. I must apologise to Bournville and Sphinx for omitting their team performances: Bournville won Division 2 and Sphinx were 2nd in Division 3 and both clubs were promoted, great team efforts, of which they are rightly proud.

English Schools Championships: Sian Rainsley continued her excellent form over the country with 5th place in the Junior Girls race. Matt Rose was 16th in the Senior Boys.

Home Counties and Schools Internationals : Paul Thompson and Sian Rainsley were chosen to represent England and performed well: Paul was 4th in the U20 race and Sian 5th in the Junior Girls. Emily Waugh, representing the Midlands was 19th in the U20 event.

3 INDOOR EVENTS

Joel Fearon won his first international vest in the **European Indoors Championships** in Paris and finished 3rd in his semi-final.

European Masters, Ghent: Congratulations to Ann Wheeler who won gold in the 5,000m and silver in the 3,000m walks setting new British W55 records. Susie Tawney was 4th in both the 800 and 3,000 metres events, in the W50 class.

4 COUNTY CHAMPIONSHIPS 2011

Race Walking: the 2011 Younger Age Group races were held at Abbey Park, Leicester on 27 March, and Jessica Mills won the U15 Girls race.

The 2011 Track and Field Championships will be held at the Pingles Stadium, Nuneaton on May 14th and 15th, once again in conjunction with Leicestershire County AA. The prospectus and entry forms are on the County website. On line entries close on 20th April.

Relays meeting at Leamington on Wednesday evening 24th August, details to follow.

5 COACHING COURSES.

Coaching in Running Fitness: 7/8 May King Henry VIII School Coventry.

Athletics Coach: 9/10 July Stratford upon Avon High School. Both courses cost £365 to non England Athletics members and £325 to members.

See England Athletics website for more details.

6 OFFICIALS.

Level 1 Course 10th May Pingles Sports Centre Nuneaton £30.

Apply to anne.porter@hotmail.co.uk

7 2011 WCAA ROAD RACE CHAMPIONSHIP VENUES

12 June Two Castles 10k Warwick to Kenilworth. Note entries have closed but affiliated club members may add their names to a waiting list which will be reviewed nearer the date. Eight Warwickshire clubs have 250 entries in aggregate, and the reserve number of 400 for our club athletes has been reached (this figure is double that of last year).

14 July BRAT 5k

24 August Godiva Autumnal 5 miles

4 September Kenilworth Half Marathon.

23 October Rugby 10 miles.

8 WRRL FIXTURES

In addition to the County Championship races listed above, the League includes:-

10 April Regency 10k Leamington Spa Striders.

15 May Northbrook A C 10k

29 June Sphinx 5 miles Coventry Memorial Park.

2 July Stratford 6 miles

Have a look at the excellent League web pages set up by 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)

9 ROAD WALKS

Mark O'Kane celebrated his 20th birthday with 3rd place in the UKA 10 miles Championship held at Coventry in 72.59, an improvement of over 2 minutes. Steve Arnold of Nuneaton was 10th in 88.40. As a result Mark was chosen to represent England in the Lugano International 20k in Switzerland. On his debut at the distance he finished 39th in 93.57. Brendan Boyce representing Ireland was 24th in 85.56.

10 NEW AUDITOR.

Following extensive searches by the County Chairman and Treasurer, the County has found an Auditor, Gareth Dixon of BRAT, to replace the late Cavan Woodward. We welcome him to the County.

11 MIDLAND ROAD RELAYS

Birchfield had an excellent victory in the Men's race beating Bristol and West by 90 seconds, with Godiva 5th and BRAT 7th. Paul Thompson was 4th fastest on the short leg. Godiva ladies were 2nd in the Women's race followed by Birchfield 3rd and BRAT in 6th.

12 STEWART HARRIS

Stewart was selected as the winner of the Lifetime Achievement Award at the Rugby Borough Council Sporting Awards evening held in March. This award recognized the time and expertise Stewart has given to Athletics, for many decades for Club, Schools and Warwickshire County. Stewart was selected over strong competition from two worthy rivals from football/ cricket and swimming. Well done Stewart on receiving deserved recognition.

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