



Warwickshire County Athletics Association
THE BEAR FEBRUARY 2012
ISSUE 01/2012

Editor Keith Richards

ASSOCIATION MATTERS

- There are no General Meetings scheduled for 2012
- The next Committee meeting will be held on 22nd February, venue at the Nuneaton Harriers Clubhouse.
- The AGM will be held on Wednesday 21st November.

1 COUNTY CROSS-COUNTRY CHAMPIONSHIPS

The Championships were held at Malvern Hall Park, Solihull for the first time (first ever event in the Park). Our thanks go to Knowle and Dorridge for pursuing Solihull MBC to allow the event to be staged and in conjunction with members of the County committee and Referee Gordon Horne for the excellent organisation and presentation of the event.

Was it a new venue that attracted 100 more entries than 2011 (highest total for 10 years)? The courses whilst not as challenging as Cofton Park, provided excellent competition, with inventive use of the Park's slopes.

Phil Hinch and Toby Spencer had a real battle in the Senior Men's race before Phil moved away on the last lap, with Richard Harper 3rd. Danielle Stewart won her first Senior County title in the Women's race, by almost a minute from Amanda Deavey and Eleanor Fowler. Matt Rose was 8 seconds clear of Jack Gray in the U 20 race, with Abdi Abdi first in the U17 event. In the combined U17/U20 race the first 5 finishers were U17, with Katie Ingle 10 seconds ahead of Naomi Richardson. Mallory English won the U20 race.

Charlie Davis and Sian Rainsley were comfortable winners in the U15 group and U13 victors were Thomas Dodd and Karys Amory.

Team positions (winners): Senior men Coventry Godiva, U17 Birchfield, U15 Coventry Godiva U13 Coventry Godiva, Senior Women Bournville U20 Leamington U17 Royal Sutton Coldfield U15 Coventry Godiva U13 Solihull and Small Heath.

2 COACHING / OFFICIALS COURSES.

18/02 Leadership in Running Fitness Alexander Stadium £90.

19/02 Athletics Leader Solihull School £130/ £90 for UKA members.

24/03 Athletics Coach Alexander Stadium Assessment day.

31/03-01/04 Coaching Assistant University of Warwick £175/£120 (minimum age 18).

14/05 Athletics Coach University of Warwick £365/ 325.

3 AWARDS TIME

Bill Adcocks made the final 5 for the BBC Midlands Today Award. Having been present when most of the film was shot, the programme did not do Bill justice.

4 CAU TRACK AND FIELD CHAMPIONSHIPS

Here is a reminder that the 2012 event will be held on 25/26 August, at Bedford.

5 COUNTY CHAMPIONSHIPS 2012

The Men's 10k and Womens 5k Road Walking Championships will be held on 12 February at the University of Warwick Business Park and based at the new Coventry Godiva Clubhouse.

The Younger Age Group Walks will be held at Abbey Park Leicester on 24th March.

The Track and Field Championships will once again be held in conjunction with Leicestershire and Rutland at Saffron Lane Leicester on 12/13 May.

6 MIDLAND CROSS-COUNTRY CHAMPIOSHIPS WOLLATON PARK NOTTINGHAM

James Walsh broke Basil Heatley's record by a Warwickshire athlete of 5 victories in the Senior Men's race, leading from the gun. Matt Lole finished 6th place.

Other excellent County performances were: U17 boys 6th Abdi Abdi, U15 Boys 3rd Charlie Davis, 4th Jeremy Barnes. U13 Boys 2nd Tom Dodd.

Senior Women 14th Danielle Stewart, U17 Girls 2nd Katie Ingle, 7th ^{Megan} McBrien
U15 Girls 2nd Sian Rainsley 8th Megan McDonald, U13 Girls 8th Karys Amory.

Team positions: Senior Men 3rd Coventry Godiva, U17 3rd Birchfield 5th Coventry Godiva, U15 3rd Coventry Godiva U13 5th Rugby and Northampton Senior Women 4th Coventry Godiva, U20 Leamington, U17 1st Royal Sutton Coldfield 3rd Rugby and Northampton, U15 5th Rugby and Northampton, U13 4th Solihull and Small Heath.

7 ROAD RACES

Coventry Godiva opened the New Year with their 5 mile road race, with Toby Spencer 2nd, Matt Rose 3rd and Stephen Emery 4th. Sue Harrison was a comfortable Women's winner in the race and in the Simply not the Roman IX on 15/01 at Stratford.

8 CROSS-COUNTRY RESULTS

James Walsh was 9th and second Englishman in the McCain's Cross-country Challenge in Antrim on 21/01.

Birmingham League Division 1 14/01: 6th Jack Gray, 11 Phil Hinch Team 2nd Coventry Godiva (3rd overall). Division 2 2nd Richard Harper 10th Ashley Miles Team: 4th Rugby and Northampton (1st overall).

Midlands Womens League: 11th Amanda Deavey Team 5th Stratford.

9 WRRL Results

To see the full results of each race and the cumulative position at the end of the season 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 2012 fixtures have been agreed and are on the County website.

The first event of 2012 is the 10k Regency Run, Leamington on 15th April.

10 MIDLAND YOUNG ATHLETES LEAGUE

17/12 Hatton Country Park: U17 Boys 2 Abdi Ali 3 E Cox, U15 2 Charlie Davis, U13 2 Thomas Dodd, U17W 1 Katie Ingle 2 Mary O'Brien, U15 2 Megan Macdonald 3 Elmena Saunders, U13 2 Laura Richardson 3 Abigail Nolan 5 Ella Bromley.

22/01 Nuneaton: U17 Boys 2 Abdi Abdi, U15 1 Charlie Davis U15 Thomas Dodd, U17Girls 2 Megan Blake 4 Lucy McDermott, U15, 2 Megan Macdonald, U13 Abigail Nolan 3 Laura Richardson 4 Ella Bromley.

11 Fixtures

11/02 Birmingham League and Midlands Womens XC Cheltenham and Wolverhampton.

11/12 02 Midlands Indoor Championships NIA

19/02 WMYAL XC League Perry Park.

25/02 National XC Championships Parliament Hill London.

03/03 West Midlands Region (UKA region not schools) London Virgin Mini Marathon Trials U13 to U17 Stourport Cycleway westmidminimarathon@hotmail.co.uk or Rebecca Freeman 07384087834.

04/03 Centurion Grand Prix 2k 10.30, 5 miles 11.00 John Henry Newman School North Solihull.

12 INTER-COUNTIES SELECTION

Teams chosen for the event at Cofton Park will be shown on the County website.

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