



Warwickshire County Athletics Association
THE BEAR – JANUARY 2010
ISSUE 01/2010

Editor Keith Richards

ASSOCIATION MATTERS

- There are no General Meetings scheduled for 2010
- The next Officers' meeting is on Wednesday February 24th.
- The 2010 AGM will be held on 24 November at the Coventry Godiva Clubhouse.

1. COUNTY CROSS-COUNTRY CHAMPIONSHIPS 2010

Congratulations to everyone who helped to organise and officiate at the event and to the athletes who competed and their supporters. The final decision to go ahead was taken by Ray Morgan, Alan Edwards and Gordon Horne on Friday morning. A brave decision to take but it was vindicated by the excellent racing in all the age groups. The turn out was only a fraction down compared to 2009 despite the snow and cold. I suggest that the winners on the day would have won on grass. The closest finish was in the under 13 Girls where Sian Rainsley retained her title in the last 30 metres.

Winners: U13 Girls Sian Rainsley Godiva U13 Boys Billy Bowman-Shaw R&N
U15 Girls Rebecca Robinson RSC U15 Boys Michael McKeown Godiva
U17 Women Emily Waugh R&N U17 Boys Jack Gray SSH
U20 Women Rowena Cole Godiva U20 men Paul Thompson Rowheath
Senior Women Tina Brown Godiva Senior men James Walsh Leeds City
Masters Sue Harrison Leamington Masters Men Rob Andrew Bourneville

2. INTER-COUNTIES CROSS COUNTRY CHAMPIONSHIPS

After many years at Woolaton Park, Nottingham, this year's event will be held in Warwickshire, at Cofton Park, on Saturday 13 March. Forms were handed out at the end of each race at Newbold for athletes to confirm their availability to compete for the County.

3. NEW SELECTION POLICY FOR INTER-COUNTIES X C

The first 3 in each category in the County X C Championships will receive automatic selection. The remaining places will be filled on form, but those who competed in the Championships will be favoured.

Athletes who do not/cannot compete

Any athlete who is unable to compete following selection should let either Rebecca Freeman, the Team Manager Coordinator, or the appropriate team manager know promptly so that whenever possible another athlete can be selected.

All selected athletes who cannot compete are expected, for courtesy, to explain their non appearance. If an athlete does not compete on the day and does not offer an explanation as soon as reasonably possible then their future inclusion in any Warwickshire County Team will be entirely at the discretion of the team manager even if they are entitled to automatic selection.

4. WELL DONE RUGBY AND NORTHAMPTON AC AND GODIVA

The Rugby & Northampton AC U17W won the bronze medal at the recent National XC Relays held in Mansfield. Charlotte Inwood, Gabriella Moriarty & Emily Waugh made up the team which won the clubs first ever medals at this event. Michael Mckeown, Godiva set the fastest leg in the U15 Boys event. He also topped the National rankings for the 1,500 metres.

5. COUNTY CHAMPIONSHIPS 2010

Road Walks, Mens 10k and Womens 5k University of Warwick Business Park.
Saturday 6th February. Younger Age Groups Saturday 20th March
Abbey Park Leicester.

Track and Field, Alexander Stadium, Birmingham (combined with Leicestershire)
Saturday/Sunday 08/09th May.

6. COACHING COURSES.

30/31st January, Alexander Stadium Level 2 Basic Runs, Jumps and Throws, pre-requisite is Level 2 core. £140.
13th February Alexander Stadium Level 1 £60.
13th February Alexander Stadium Level 2 Jumps £30.
27th March Alexander Stadium Level 2, separate courses on Endurance, Jumps and Sprints, all £30.

7. OFFICIALS

No courses are planned at the moment. The contact is Morag Ford on 07920 532558

8. 2010 WCAA ROAD RACE CHAMPIONSHIP VENUES (to be confirmed)

5k Birmingham Rowheath	10k 2 Castles
5 Miles Coventry	10 Miles Rugby
Half marathon Kenilworth	

9. SOME FURTHER DATES FOR YOUR 2010 DIARY.

17th January	Stratford A C 12kmiles Road Race Tiddington, Stratford
23/24th January	Midland Counties Open T&F Alexander Stadium.
6/7th February	Birmingham Games NIA. midlandathletics.org.uk
20th February	Stratford A C Wedgnock Winter Hills multi terrain Ilmington
18 th April	Coventry Way Challenge (40 miles) see www.acoventryway.org.uk
23 rd May	Hilly 100 (10 by 10 mile relay) Stratford AC

10. WCAA CONSTITUTION - IMPORTANT

The Officers of the Association have posted the new Constitution as adopted at the 2009 AGM on the County web site. Go to www.WarwickshireCounty.co.uk and click on "Governance" The new document takes into account the new role of the County as a competition provider following the two major reorganisations of the governing bodies in recent years.

The minutes of the 2009 AGM are also on the web site. You will probably find them of interest if you did not attend the AGM

11. AGM

At the AGM in November the majority of the posts were re-elected. The two changes were: Secretary, Pat Taylor of Nuneaton volunteered to take the vacant post, and Ann Smith has stood down as Trophies and Medals coordinator, and Bob Carey of Sphinx has taken over, although Ann was still helping at Leamington. We are grateful for the help all three have given and will give to the County.

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