



Warwickshire County Athletics Association
THE BEAR –JUNE 2010
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Editor Keith Richards

ASSOCIATION MATTERS

- There are no General Meetings scheduled for 2010
- The next Officers' meetings are on Wednesday September 15th, and December 15th. There will also be specific meetings to discuss County Championships (dates tbc).
- The 2010 AGM will be held on 24th November at the Coventry Godiva Clubhouse.

1. INTER-COUNTY CROSS-COUNTRY CHAMPIONSHIPS 2010

The Championships were held at Cofton Park, Longbridge after many years at Woolaton Park, Nottingham. In the senior men's race Phil Hinch turned the tables on James Walsh finishing 5th, just one place ahead of James. The team finished 8th. Laura Kenney came 6th in the Senior Women's race with the team in 10th.

The highest placed County runners were Michael McKeown who was 3rd in the U15 boys and Jack Gray who was 4th in the U17 Boys. The U15 Boys team finished 10th.

Congratulations to all the athletes who represented the County and thanks to the Team Managers, led by Rebecca Freeman, who supported the athletes.

2. NATIONAL CROSS COUNTRY CHAMPIONSHIPS

James Walsh used his local knowledge of Roundhay Park, Leeds to finish 7th in the event, with Phil Hinch in 14th. Coventry Godiva, led by Matt Lole in 19th placed 4th team. Jack Gray was 4th in the U17 boys and Billy Bowman-Shaw 12th in the U13 Boys, with Coventry Godiva teams finishing 6th in the U15 boys and 8th in the Senior Women's races.

3. COUNTY CHAMPIONSHIPS 2010

The meeting went well with slick presentation and organization. The number of County competitors was slightly up on 2009, with the Leicester numbers down slightly.

The Jack Hartley Trophy for the best performance of the meeting was awarded to Nadine Okyere of Birchfield Harriers for her win in the 400 m in 54.6.

The Warwick Vase club competition was won by Birchfield Harriers from Coventry Godiva Harriers and Rugby and Northampton AC.

4. INTER-COUNTIES TRACK AND FIELD

Typical Bedford weather greeted the athletes, gale-force winds on the Sunday and cold on Monday. A number of County athletes made the podium: Matt Roberts 1st HJ 2.21m, Hayley Murray 2nd HT 51.56m, Jade Surman 2nd 400H 61.09s (60.09 in heat), Emma Williams 3rd 400m 55.40s, Brendan Boyce 3rd 3kW 11:49.93s.

Also competing were Karl Robbins HJ 1.95, Ryan James 100m 10.47 (10.32 in heat), Nathan Cockett 100m 10.98, Shem Nelson 400m 51.17, Megan Evans LJ 4.87, Richard Curl 400mH 56.41, Julian Thomas 200m won semi in 21.28 but had to withdraw,

Luke Lennon-Ford 200m 21.80, Shelly Went 100m 12.56, Mark O'Kane 3kW 13:03.46, Ann Wheeler 3kW 16:02.42, Marlon Lewis LJ 7.15 Nadine Okyere 400m 54.73, won her heat but did not contest the final.

The men's team was 8th, the women's team was 12th and overall Warwickshire finished 10th. Thanks again to Becky Freeman for her Team Management.

5. COACHING COURSES.

June 6th: Leadership in Running Fitness, the Pavilion, Hockley Heath, Solihull, £90.

July 3rd and 4th : Coaching Assistant, Wyndley Track, Sutton Coldfield £175 or £130 for an EA member.

July 17th /18th : Coaching Assistant, University of Warwick, Coventry, £175 or £130 for an EA member.

6. OFFICIALS

No courses are planned at the moment. There is no Midlands' education officer in place currently at England Athletics. Contact the County Officials Secretary, Margery Ewington.

7. 2010 WCAA ROAD RACE CHAMPIONSHIP VENUES

6 June 10k 2 Castles

8 July 5k Birmingham Rowheath

30 August 5 Miles Coventry Godiva, War Memorial Park 19.45

12 September 10 Miles Nuneaton (this is not yet confirmed)

- offers to stage the County 10 mile Championship would be appreciated.

26 September Half Marathon Kenilworth

8. SOME FURTHER DATES FOR YOUR 2010 DIARY.

30 June 5 miles Sphinx AC War Memorial Park, Coventry

25th August: the pilot County Relays meeting at Leamington Spa. *** new event ***

9. 2011 Championships

The 2011 Cross County Championships will be held at Cofton Park hosted by BRAT.

No decision yet on the 2011 Track and Field Championships

- please give us your feedback.

The 2011 3k Track Championships will be expanded to U17 and older (not just U17 as at present). More details to follow. *** new event for some ***

10. SITUATIONS VACANT

Treasurer: Stewart Barnes has decided to step down after many years' 'stewardship' of the County's finances. He is leaving the accounts in good shape with a planned method of maintaining them.

Auditor: Due to the untimely death of Cavin Woodward, the County needs a new Auditor. Thanks to Stewart's efforts the work is straight forward if you are an accountant. Contact Ray Morgan if you are interested in either vacancy.

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www.WarwickshireCountyAA.co.uk