



Warwickshire County Athletics Association
THE BEAR – OCTOBER 2011
ISSUE 05/2011

Editor Keith Richards

ASSOCIATION MATTERS

- There are no General Meetings scheduled for 2011
- The WCAA AGM will be on 23rd November 2011, in the new Coventry Godiva Clubhouse.
- The next Officers' meeting is on 14th December 2011.

1 UKA CHAMPIONSHIPS AND WORLD TRIALS

Tom Parsons High Jump in 2.28 James Walsh 10,000m in 28.37.0 and Nathan Woodward 400H in 49.66 became UKA Champions at the Alexander Stadium over the weekend of 23-25 July. There were other excellent performances from Marlon Devenish 3rd 100m in 10.14, Meghan Beesley 3rd 400H 57.52 and Mike McKernan 4th TJ 15.90.

2 ENGLAND ATHLETIC CHAMPIONSHIPS

Held at Bedford there was another victory for James Walsh in the 5,00m in 14.22.82. 3rd place finishes were achieved by: Ese Okoro 110mH in 13.94, Mike McKernan TJ 15.30 and Sarah McGreavy 400mH in 13.39.

3 EUROPEAN U23 AND U20 CHAMPIONSHIPS

Nathan Woodward 49.28 and Meghan Beesley 55.69 were 2nd and 3rd in the U23 Championships. Paul Thompson was overcome by heat exhaustion whilst in a medal position in the 10,000m, held in a temperature of 33C. Rowena Cole finished 2nd in a pb of 2.03.43 in the 800m in the U20 Championships.

4 COACHING COURSES.

22nd/23rd October Athletics Coach Alexander Stadium Birmingham £375/ £320.

5 OFFICIALS.

The new Midlands Officials Coordinator is Tyrone Davison-Hulme
Contact him on 0121 781 7271.

No courses are scheduled for the Midland Region.

The MAFEO AGM and Conference will be held on Sunday 6th November at Aldersley Stadium, Wolverhampton.

6 World Masters Championships

Rob Andrew finished 5th in the M45 800m in the event held in Sacramento, California.

7 WRRL Results

To see the full results of each race and the cumulative position so far have a 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 results include all but the last race which is the Rugby 10 mile race on October 23rd. Entries £7 to 2, Manor Farm Close Barby Rugby CV23 8FA.

8 ROAD WALKS

Brendan Boyce finished 15th in the World Universities 20k Championships in Shenzhen, China and followed this with third in the Naumburg 50k in 3.57.58, which is an Olympic A standard for Ireland.

9 **MORE RESULTS NEWS**

James Walsh finished an excellent 6th in the Great Manchester Run over 10k in 28.42, only 30 seconds behind Haile Gebresalassie. Laura Whittle (Kenney) was 10th in the Women's race.

In the Manchester Street event, Mark Lewis-Francis won the 100m, and Marlon Devonish finished 3rd in the 150m.

World Athletic Championships Daegu South Korea.

100m Semi Final 7. Marlon Devenish 10.25, HJ Tom Parsons 11 Group A 2.25, 400H semi final 6. Nathan Woodward 49.57

UK Womens League: congratulations to Birchfield Harriers on winning the League.

ESAA Combined Events: Junior Girls Pentathlon 2. Ebony Wake 3,052 points.

Midland U15/17 Championships: winners included: 1,500 Michael McKeown, 200 S Anderson, 300H Katie Stainton, Javelin Kerry Murch

10 **FIXTURES**

29th October Brose Warwick Cross Country relays enter at www.brosewarwickrelays.com
Fee £3 per athlete payable on the day.

12 November Birmingham League and Midland Women's League
first race at Newbold Comyn Leamington.

20 November Sphinx 8 miles off-road, Coombe Abbey Park. Runnersworld.co.uk/events
£10 includes T-shirt and soup.

11 **WHEELCHAIR ACADEMY**

Thanks to Job King with the support of Dave Dix we now have a Wheelchair Academy based at the Coventry track. Please forward this to anyone who you think might be interested. Training every Wednesdays – meet 6.00 for 6.30 start – but there are also events at weekends. Contact Job at jking@englandathletics.org Second-hand racing chairs will be available for new athletes to use and try until. These vary in age and size, and may need to be shared. If possible please bring or borrow a cycle helmet. A small number are available to borrow.

Potential athletes are welcome irrespective of experience, standard or ambitions (i.e. road races or track). This applies to all ages 9/10yrs+, providing we have a chair of suitable size and a parent is present. The sessions are open to athletes with a potential IPC wheelchair racing classification (i.e. spinal injury, cerebral palsy, lower – limb amputee). We would welcome any support and interest in helping to run these sessions – particularly new coaches or existing coaches wanting to learn about wheelchair racing.

12 **HISTORIC CHAMPIONSHIP RESULTS**

Thanks to Janet Paul and Ray Morgan we have tracked down some County Championships results from the early 1990s. These have all been loaded to the County web site for your interest. We are missing the track and field Championships for 1994 to 2001 and the Cross Country Results from 1995, 1995, 1997-2002. These date back to the days before computers were widely used!! Do you have a copy? If so please contact Ray Morgan on 01926 330667 or Ray.Morgan1@btinternet.com

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