

# Network Newsletter

**February 2012**

**Issue 12**

**Inside this issue:**

Journey to Success Conference	1
MAN Progress Evening	2
Funding for clubs	3
EA Updates	3
Rule Change	3
First Aid Courses	2
North West Athlete Tops World Ranking	4

## *"Journey to Success" - NW Network Conference*

Four Athletics Networks from across the North West are organising the very first North West Athletics Network Conference. The event marks the start of the 2012 summer athletics season and aims to inspire, support and educate coaches and athletes across all three counties. The Cheshire, Merseyside, Manchester and M60 networks will play host to some of the UK's best coaches and also a very special guest; Katharine Merry will be headlining the event and her opening speech will carry the theme of her own personal journey to Olympic Success and the highs and lows she experienced along the way. Following this, Katharine will be leading an exclusive workshop for up and coming athletes from the North West and there will be a circuit training session for all in the afternoon.

Vicky Huyton, Cheshire and Merseyside Athletics Network Coordinator says "A big thank you to Katharine for taking time out of her busy diary to support this event, we are all very excited to have this opportunity to work with one of Britain's best athletes."

Coaches will have the opportunity to work alongside some of the UK's best coaches in event specific workshops throughout the day. The



**Katharine Merry—Sydney 2000 Olympic Bronze Medal (400m)**

theme for all workshops are the technical aspects and aim to support coaches in their coaching leading up to the summer competitive season. The events are as follows:

Polevault, Sprints, Hurdles, Horizontal Jumps, Multi-events, Middle Distance, Road Running, Rotational Throws.

Lunch will also be provided along with coach information packs.

Cost to Athletes= £5

Cost to Network Coaches= £15

To book your place; please contact:

**Sport Cheshire**

(County Sports Partnership)  
on:

**01606 305260**



### Events:

4th February 2012

Athletics 365  
Workshop

18th February 2012

UKA Masterclass with  
Clyde Hart

25th March 2012

NW Athletics Network  
Conference

## Cheshire Athletics Network Update...

### Money off coaching courses

Cheshire Athletics Network coaches can receive 50% off coaching courses. By contacting the network coordinator and completing a very simple form, you can receive the discount once the course is completed! Just book on through the England Athletics Website and let your network coordinator know.

### Next CAN meeting

The next committee meeting will be held at MMU Crewe Campus

on the 20th February 2012. This meeting will allow those clubs who attend to discuss the next 18 months of the network and share ideas as to how to make the network sustainable after year 3. For more information please contact Vicky Huyton the Cheshire Athletics Network Coordinator.

### Coachweb

If your looking for courses and workshops on topics outside of athletics such as first aid, mentoring, or club workings, then this

website has all you need! Please visit to browse through the list of courses and to book:

[www.coachingcw.org](http://www.coachingcw.org)



**Cheshire**  
Athletics Network

## Merseyside Athletics Network— Progress Evening

At the 18 months mark for MAN—members met for a progress evening to discuss how the first part of the network has gone and what is left to achieve. The meeting was attended by all network clubs and was a chance for all to discuss the plan for the next phase of development and how the network can work towards sustainability after year 3.

The meeting was then split into two; road running clubs and track

and field clubs so that the meetings were productive and focused towards specific projects.

If anyone would like the progress report from the evening, has any additional ideas as to what they would like to see the network achieve, or indeed how the network can support your club, please contact Vicky Huyton, the Merseyside Network Coordinator.



**Merseyside**  
Athletics Network

## First Aid Courses— Best Start Plus

Delivering engaging and effective first aid training throughout Merseyside and Cheshire., these new first aid courses aim to teach you all you need to know about first aid in everyday life and in sport.

These courses are cheaper than most at only £30 per person!

The following dates are available:

20th Feb— Northwich

19th March— Helsby

23rd April— Macclesfield



For more information please visit:

[www.beststartplus.co.uk](http://www.beststartplus.co.uk)

Or contact Ian Duckmanton on:

07742 693764 //

[ian@beststartplus.co.uk](mailto:ian@beststartplus.co.uk)

## Funding for clubs

The Sport England Small Grants Programme uses lottery funding to make awards of between £300 and £10,000 to not-for-profit organisations to deliver new community projects to either grow or sustain participation in sport or to support talent development.

If your club has a project in mind (i.e. supporting coaches to become qualified, working with schools to increase participation, delivering the Athletics 365 programme in your club) then why not make a

bid? For more information please visit the following website:

[http://www.sportengland.org/funding/small\\_grants.aspx](http://www.sportengland.org/funding/small_grants.aspx)

Your Athletics Network Coordinator is here to help you with your

application! If you are interested in making an application please contact Vicky Huyton at:

[Vicky.huyton@sportcheshire.org](mailto:Vicky.huyton@sportcheshire.org)



## UK Athletics Update...



### Rule Changes

The Proposed Revision for Competition Rules has been completed ahead of the 2012-2014 UKA Rule Book publication with a number of key changes. The revisions have followed a period of consulting the sport which commenced in 2011 when all interested parties were invited to submit changes for the 2012 Rule Book. The deadline for submissions was 30 July, 2011

1. Track & Field Permitting
2. Eligibility-Club Transfers
3. Implementation of False Start Rule across some age groups from 2013
4. U15 Boys and 400m v 300m rule proposal
5. Under 15's competing in two 1500m races in one day:
6. Under 17 athletes competing in an older age group.

For more information about the rule changes please visit:

<http://www.uka.org.uk/media/news/january-2012/30-01-12-rules/>

## England Athletics Update..



### Vault Manchester

The annual meeting of UK Pole Vaulters took place on Saturday 14th January 2012 at Sportcity. Names such as Kate Dennison and Holly Bleasdale are often seen there.

Congratulations to Gemma Valentine, Emma Fowler and Georgia Pickles of Crewe and Nantwich AC and Rachel Thomas of Liverpool Harriers for their results.

### Less than 200 days to go...

The 9th January saw 200 days to go until the games officially marked by EA with the launch of the Are You Ready Campaign which aims to raise the profile of athletics and volunteering opportunities within your club. For more information about this programme, please contact your athletics network coordinator.

### Race Directors Course now ready

This course is now ready at intermediate level. Through 2009 & 2010, run-britain rolled out accredited course to 130 Race Directors who can now take the opportunity to progress to the next level. The course will take place on the 19th February, to book your place please contact: [msingh@uka.org](mailto:msingh@uka.org)

## Merseyside and Cheshire Athletics

c/o Sport Cheshire  
2 The Stables  
Gadbrook Park,  
Northwich  
CW9 7RJ

Phone: 07738 402931

E-mail: vicky.huyton@hotmail.com

**INSPIRE, EDUCATE, SUPPORT**



**Merseyside**  
Athletics Network



**Cheshire**  
Athletics Network



## North West Athlete Tops World Rankings!!

Holly Bleasdale may not be a member of a Merseyside or Cheshire club, however, her achievements this month have to be recognised!

The Blackburn Harrier has taken a giant leap towards the Olympic gold medal after an astonishing clearance of 4.87 metres that has only been bettered indoors by the great Yelena Isinbayeva and puts her fourth on the all-time world list for indoor and outdoor competition.

Her jump, which added a huge 16cm to her previous lifetime best to catapult her to the top of the 2012 world rankings, was all

the more remarkable because it was achieved off a shortened, 14-stride run-up, raising the prospect of even further improvement in the build-up to the London Games. Having cleared 4.80m at Saturday's low-key meeting in Lyon, France, Bleasdale elected to raise the bar to 4.87m with the aim of taking the second spot on the all-time indoor list. She then amazed herself by clearing it.



Holly Bleasdale - 4.87m