

# Athletics North West

AAAs of England Regional Update Jan 2005 - Issue 2



*"Encouraging, Promoting and Developing Athletics in England."*

## Jamie SHINES in the North West!

### *In This Issue:*

- Jamie SHINES!
- Website of the Month - NOEAA
- clubs:future update
- Bolton star:track
- Merseyside Conference a big hit
- Hill & Fell Champs
- Shine award for GM
- County Updates
- Performance



### *"The Back Page"*

- Coach Education
- Contact Info



After a initial shaky start in 2000 and a re-launch in 2003, the Norwich Union shine:awards is now being used by more than 6, 000 schools and organisations across the UK.

PE lessons, after-school athletics clubs, star:track schemes and athletic clubs, are all using the shine awards to introduce thousands of youngsters to the sport.

Olympic Silver medallist Jamie Baulch visited a lucky school in Tameside, Manchester on Wednesday 20 October.

Flowery Field Primary School had held a successful shine:awards competition, and Baulch spent a day at the school in Hyde, where he

presented the children with their Norwich Union shine:awards certificates in an assembly for the whole school.

Baulch said: "It was great to meet the kids, they were full of energy. We spent a lesson doing the shine:awards agility:challenge. They worked really hard to achieve their best in each of the events.

"I hope I have inspired them to take up athletics. There is a fantastic programme of athletics opportunities for them in Tameside. I know the school has good links with their local athletic club."

Head Teacher Yvonne Daly said: "The children had a fantastic day with Jamie Baulch, they were so excited!"

Lyndsey Whiteside, Athletics Development Officer for Greater Manchester has been working with schools and clubs demonstrating how they can use the shine:awards in their delivery of athletics over the last twelve months. She said:

"Over 150 schools in Greater Manchester are now using the shine:awards. Coaches and teachers are using the award scheme to give children the opportunity to measure their progress and gain an award.

"Clubs and schools are much more aware of the award scheme now. It is a great resource for teaching athletics."

"Over 180 people have attended shine:awards roadshows in Manchester this year. The shine:awards Judging Award has been very popular with over 200 young people completing the award. Some of them worked at the Youth Games and County Championships, assisting the Officials."

To find out how to organise a road show or where the nearest one is, contact Ruth Walton on 0870 998 7739 email: [rwalton@ukathletics.org.uk](mailto:rwalton@ukathletics.org.uk)

### **CLUBS – STAY IN TOUCH WITH THE LATEST DEVELOPMENTS IN THE NW**

If you would like to be kept up to date with the latest athletics developments in the North West I'd be grateful if you could send me an email contact address for your club to the following address:

[mhunt@englandathletics.org](mailto:mhunt@englandathletics.org)

Email addresses will not be passed on to any third parties and will only be used by England Athletics and UKA

Check out our website for the latest news: [www.englandathletics.org](http://www.englandathletics.org)

## Website of the Month [www.noeea-athletics.org.uk](http://www.noeea-athletics.org.uk)



This month's website of the month in the North of England's website.

[www.noeea-athletics.org.uk](http://www.noeea-athletics.org.uk)

Administered by Robbie Wood, the current site was set up in December 2000 and superseded the previous site which was set up by Alan Irving

in 1998.

Robbie says "The site is hosted by Connect at Liverpool university. Most of the material comes from either Judith Temperton or myself.

"The site – which has over 500 pages of info - attracts a large volume of traffic and is currently ranked 6th busiest on

Merseyworld, who host over 1500 web sites." (Liverpool Football Club being their flagship web site)

[www.merseyworld.com/chart/](http://www.merseyworld.com/chart/)

"We always welcome news items and reports (we have an results index going back to 1998) and believe that we are a leader in athletic information and results," he adds.

## Bolton scheme a great success

uk-athletics   
**clubs:future**

### Clubs:Future UPDATE

**MON 31<sup>ST</sup> JAN**

**Submission of Self  
Assessment Audit  
document  
To UKA**

**FRI 4<sup>TH</sup> FEBRUARY**

**Submission of Grant  
Applications to:  
Michael Hunt, RDC,  
SportCity,  
Gate 13 Rowsley Street,  
Eastlands, Manchester,  
M11 3LF  
Tel: (0161) 223 6161  
Mob: (07968) 498710**

**TUE 8<sup>TH</sup> FEBRUARY  
Regional Grants Panel**

**FRI 18<sup>TH</sup> FEBRUARY  
National Grants Panel**



On Tuesday 26th October 2004 at Leverhulme Park Athletics track 22 young people with disabilities took part in one of the first UK Athletics star:track pilot schemes for young people with disabilities.

The day was organised by Senior Sports Development Officer Natalie Woodford who is part of the Health Sport and Inclusion Team at Bolton MBC. The day was part of a plan to develop Athletics within Bolton with the aim of setting up a Satellite Disability Athletics Club.

The young people came from Rumworth High School and those that attend the Saturday Club at Bolton Excel.

The day started at 10am at Leverhulme Park with a warm up and then straight into a days activities of Sprinting, Hurdling, Long Jump, Javelin, Shot and Race Walking. Natalie Woodford recruited Coach John O'Keefe from Bolton United Harriers and Athletics Club and also Louise Sword (East Bolton Disability Officer) and Alice Watson (Assistant Sports Development Officer) to help.

Each young person was given a "goodie" bag from UK Athletics that contained a t-shirt, woolly hat, athletics calendar and key-ring.

The Bolton scheme – which has been commended by UKA – will be used to provide future star:track organisers with a model of good practice.

If you would like further information on Athletics within Bolton please contact Natalie Woodford on 01204 334238 [natalie.woodford@bolton.co.uk](mailto:natalie.woodford@bolton.co.uk)

## Merseyside Athletics Coaching Conference

The first Merseyside Athletics Coaching Conference was held on Saturday 27th November 2004 at Greenbank Sports Centre, Liverpool.

Nearly 80 athletics coaches spent a day exploring a variety of coaching related themes.

### Nutrition for Athletes

Dr Neil Chester looked at some of the basic scientific principles of diet and how athletes have different requirements. He explained the various categories of food and illustrated optimal requirements for developing child athletes.

### Sports Injury Prevention

Adrian Mercer gave insights into his experience as a physiotherapist and discussed how injuries might be avoided. He recognised that generally athletes wanted to get back into training as soon as possible and provided insight into alternative training methods to maintain fitness levels throughout the recovery periods after injury.

### Strength & Conditioning

Vicci Allan explored some of the myths surrounding strength training. She explained how sensible training in early years sets down a foundation for using weights to assist athletic

development in later years. She stressed that appropriate training would be beneficial in future years and that common folklore and negative perceptions against children using weights were largely unfounded.

### Flexibility demo & Open Forum

Graham Pilkington and Mike Dooling asked Merv Ottey, who is a Canadian double Olympic high jump gold medallist to discuss and share his experiences within athletics. He provided a stimulating insight into his career.

### Long Term Athlete Development and County Squads

Tom Carson looked at the theories behind LTAD and how these were becoming part of many development plans in many sports. Emphasis was placed upon how LTAD looked at appropriate activities for appropriate ages and how the balance between training/competition ratios altered as children grow older. He stressed that LTAD highlights the LONG TERM approach and illustrated how many years and training hours



it takes, typically, to become a nationally ranked athlete. He explained how county development squads were identified as part of the Active Sport development plan and that they fit within the LTAD model. Graham Pilkington explained in practical terms his role and he discussed how the squads would work and how he hoped to involve coaches from throughout the county in the county squad training days.

### Junior Athlete Education

Mark Greaves revealed how the schools were beginning to implement a JAE initiative involving Mentors. These mentors could help junior athletes to balance the day to day conflicting pressures from Parents, Schools and Coaches. He noted that this initiative would be rolling out and that coaches should be aware of this.

### Coach Mentoring

Mike Dooling discussed how he hoped that newly qualified coaches could be mentored and helped by more senior experienced coaches around the county.

### Plyometrics

Mike Holmes presented a slide show and showed a video showing how plyometric techniques can be used to help in athletic development. Mike demonstrated several practical plyometric drills and Brian Gilgeous/Graham Pilkington showed the group some realistic funs strength development workouts using a wide variety of equipment and aids

The day proved hugely successful and the feedback from the event demonstrated the value of the conference to the coaches who attended:

*"I found the workshop very informative and in some respects thought provoking, hearing the experiences of the speakers and the proposals for the future of athletics in Merseyside filled me with a great deal of enthusiasm"*

*"As a coach for the 8-13 age group, I thought the day was well structured and had something for everyone. It reinforced what we are trying to do in our club and look forward to next year"*



## LANCASHIRE - update



David Croxall  
Athletics Development Officer

### Burnley Primary Sportshall League Launched

Wednesday 8th December witnessed the launch of the long awaited Burnley Primary Sportshall League. The League is a good example of partnership working between Club, Local Authority, Education and Lancashire Sport.

This first pilot of the League involves 6 primary schools who will meet 4 times throughout the winter, with each school being represented by 8 athletes (4 boys and 4 girls). The competition format is the brainchild of Allan Preston from Burnley AC, requiring each athlete to take part in 12 events over the 4 meets. The 12 events are those within the Key Stage 2 shine:awards for Sportshall athletics. As well as producing a winning school every athlete will attain a shine:award.

The first meeting was a resounding success and depending on the progress of the competition and level of support, it is envisaged that the League will be enlarged later next year, perhaps on a school cluster basis.

As well as the commitment shown by Burnley AC members, the League could not succeed without the support of students from St. Theodore's Sports College in Burnley. A Young Officials tutorial took place in the School prior to the event and 10 students completed the

course and provided fantastic support on the day. Without their input the day would not have been possible.

Round 2 of the competition will take place on 19th January.

### Steeplechase Centre of Excellence

A new Steeplechase Development Centre at Hyndburn Athletics Club is to be established in association with UK Athletics. The project will be funded by Aqua Pura and a nominal fee to be paid by both athletes and coaches attending each clinic. The camps hope to develop interest in steeplechase running in Lancashire and support athletes in their development in the sport.

There will be three camps running from February to May, 2005 acting as a springboard into the summer season. Expert coaching and advice will be provided on each camp as well as the unique opportunity to mix with other athletes and coaches. Stuart Stokes (GB international at 3000M) will be in attendance to provide support and advice on how to combine technical training with endurance running. The camps are aimed at athletes (both male and female) who are keen to pursue another event as well as those with experience who want to progress further. At the final camp in May there will be an opportunity for all athletes to compete in a steeplechase time trial to assess how they coped with the demands of the event. This will provide athletes with a competitive arena to try new techniques and will serve as valuable experience for future competition.

Finally, I would like to stress that the camps will cater for



Emma Southworth (Holy Cross School – Chorley) enjoys the new Cross Country pack with classmates

athletes of all abilities (minimum age 14) and will provide an abundance of information about the event.

Application forms are available from John Nuttall (County Coach) or Dave Croxall (ADO) on 01995 642235. Please note that because places are limited, applications will be considered on first come, first served basis

### County Sportshall Competition

The first Secondary Schools County wide sportshall competition will be held on 19th April at Hyndburn Leisure Centre. The competition will be the culmination of the establishment of Borough sportshall competitions aimed at Years 7 and 8. This has been possible following partnership work between John Nuttall (County Coach) and the various School Sport Partnerships.

During January, February and March, School Sport Partnerships are arranging their own competitions with the winning school going forward to the County final on 19th April. It is hoped that the initiative will become a regular feature of the Athletics calendar within the county and that a Primary

competition format can be established next winter.

Sportshall is seen as important in Lancashire in providing the first step on the Athletics pathway for young athletes, providing a fun and exciting opportunity.

### X-Country pack initiative

Holy Cross School in Chorley became the first NW school to trial a new cross country pack, that aims to make X-country more appealing to school children and junior athletes. Thanks to help from Helen Thompson at the school, a group of "budding" athletes enjoyed a 1200m X-C circuit that included jumps, barriers, chicanes and a lots of mud! (That's what X-Country is all about isn't it!)

Anyone who is interested in finding out more/purchasing a X-C pack should contact Michael Hunt on (07968) 498710 or email [mhunt@englandathletics.org](mailto:mhunt@englandathletics.org)

**David Croxall**  
Athletics Development  
Officer

## MERSEYSIDE - update

### Clubmark

St Helens Sutton have submitted their file and we wait the (positive) outcome Liverpool Harriers, Southport/Waterloo and Halton/Frodsham are all very close.



### Coaching Courses

Level 1, Working with Children and Level 2 courses at Cardinal Heenan school were all fully attended.

We plan to run L1 and WwC on subsequent weekends ASAP in 2005 probably April. Wirral, Liverpool and Sefton are ALL

possible venues

### Tracksters Clubs

We have started two new after school (Trackster) clubs in Liverpool at Archbishop Blanch and Kensington Sports Centre We have moved the Childwall club to Hope University

### Liverpool Athletics Development Group

We have been successful in a bid to fund school athletics with a £4K award from the LEA. A recent sport conference at LACE reinforced that partnership working can be extremely productive.

### Wirral

We are hoping to establish an after school club within the Pensby cluster of schools.

### St Helens

We have ordered some

sportshall equipment and X-Country kit to assist St Helens Sutton in School-Club Links.

### Sefton

The Big news is the go ahead for the Litherland track. We are in discussions with Ambrose Barlow Sports College to re-establish an after school club at Litherland High. We plan to trial a new Cross Country Start up kit within Sefton Schools.

### Knowsley

The Development Group met after a lengthy absence. A comprehensive development plan has been produced with innovative partnerships between the SSCO network and the Local Authority. Within the next year it is hoped to establish 4 after school satellite clubs. The long awaited replacement of the Kirkby track appears a little closer. With a possible 2006

completion date we hope that this could be a catalyst for the development of athletics within the area.

### PESSCL Funding

The recent award of funds for school club links has enabled several new initiatives to be established. We are providing sportshall and X-Country start up packs in several areas to establish and stimulate interest.



**Tom Carson**  
*Athletics Development Officer*

## CHESHIRE - update



A very successful stage one activity has just finished in the borough of Vale Royal.

Five primary schools in the Northwich area took up the offer of indoor athletics taster sessions and shared fifteen hours of coaching in after-school athletics clubs throughout October and November. Nearly one hundred children had the opportunity to

try events such as speed bounce, standing long jump, bull nosed-javelin and target throw.

The sessions gave many of these children their first taste of athletics and feedback from everybody involved was excellent, with all of the children saying that they would like to take part in athletics again. The taster sessions are to be followed by an inter-school sportshall athletics competition in the New Year, from which children will be invited to attend an induction evening at the local athletics club.

With the concepts of LTAD (Long Term Athlete

Development) becoming more popular, other sports are beginning to see the multi-skill value of athletics.

Across Cheshire a number of coaching academies are being established for young cricketers in collaboration with the athletics development officer, which will use the Norwich Union shine:awards to measure and develop agility, balance, co-ordination through running, jumping and throwing as part of the multi skills award.

The awards represent an ideal way to introduce young athletes to the FUNdamentals stage of LTAD and the scheme is an

excellent example of the way different sports can work in partnership with each other. The scheme will start in early January when cricket coaches will be introduced to the shine:awards and sportshall athletics equipment. From there the coaches will be responsible for incorporating the awards into their sessions.

Hopefully this will serve to encourage some of the youngsters in to athletics as well as cricket!

**Leonie Lightfoot**  
*Athletics Development Officer*

## 2004 Open British & Irish Junior Hill Running Championships and Junior Home International

Latrigg in Cumbria was the venue for the 2004 Open British & Irish Junior Hill Running Championships and Junior Home Internationals and a record 205 runners made it to the start line.

Scots runners dominated the U14 age group with first and second places in both the boys and girls races. Matthew Gillespie (Central AC) took the gold medal with an effortless performance from Andrew Evans (Fife AC) in second place. The English U14 fell champion James Mountain snatched the bronze medal by a fraction of a second from Preston Harriers' Richard Shuttleworth. In the girls' race Scots running sisters Sarah and Mhairi Inglis (Lothian RC) took first and second places just ahead of Alex Wheatman of Scarborough AC who managed to hold off Warrington AC's

Heather Timmins in a thrilling sprint finish.

The U16 race saw the biggest field of the day. England's Alistair Brownlee (Bingley Harriers) was in imperious form to take the gold medal by 24s, in the super fast time of 18m 53s, from last year's winner Rhodri Buffet of Wales. Scotland's Michael Gillespie (Central AC) completed the medal winners. In the Junior Home International Wales took gold by one point from England with the Republic of Ireland picking up the bronze medal. After a breath-taking descent Dionne Allen (Leigh Harriers) won the U16 girls' race in a photo finish from fellow English runner Blue Haywood (Lincoln Wellington), and only seconds behind was CFR's English Champion Emma Stuart completing an English 1-2-3 to give England the team gold.



Ben Lindsay – Pendle AC (centre) ascends Latrigg



Emma Stuart (Keswick AC) - 3rd in U16 and part of gold medal team)

The Republic of Ireland took the silver medal and Scotland the bronze.

Having finished just outside the medals in the U18 race last year England's Chris Doyle (Trafford AC) made sure he took an individual medal home this year by leading from start to finish. With good runs from Jonny Mellor in second and Joshua Teece in sixth England took the team gold. In the girls' race England won their third team gold of the day with Horwich RMI's Rachael Thompson taking gold from Border Harrier's Sarah Tunstall.

The organisers would like to thank the events financial sponsors - the Fell Runners Association, UK Athletics, the Cumbria Community Foundation, Inov8, Science in

Sport, Four Seasons Foods, Temple Sports, Keswick Country House Hotel, the YHA, the John Taylor Foundation, the Keswick Tourist Association and George Fisher - for their generous support. Thanks also goes to Mr E Clarke, Mr D Scrimgeour and the Mirehouse Estate for allowing us to stage the races over their land and all the many local people who turned out to help and support the event.

For further information about Hill & Fell running and races in Cumbria please contact Steve Fletcher:  
Tel: 0779 3563181  
Email: [steve.j.fletcher@btinternet.com](mailto:steve.j.fletcher@btinternet.com)

## CLUB AWARDS 2005

UKA has announced its Club Awards scheme, that seek to recognise and value the immense contribution that clubs and their members make to the sport of athletics in the UK.

Between now and early February every club and every member (plus those who work with and around clubs) have the opportunity to put forward nominations in almost 20 categories.

This award process gives the sport a fantastic opportunity to recognise and reward the work that clubs, clubs officers, coaches and volunteers do to develop athletics right across the UK.

Regional Awards will lead the way (closing deadline for NW nominations is Friday 4<sup>th</sup> February) with winners across the country being chosen and rewarded throughout late February. These winners could then progress and be rewarded again at National level with this success recognised at a UK Dinner to be staged on April 9<sup>th</sup> this year

Nomination forms are available on the UK Athletics website [www.ukathletics.net](http://www.ukathletics.net) or from Andy Paul on 0870 998 6734 email [apaul@ukathletics.org.uk](mailto:apaul@ukathletics.org.uk)

We would like to take the opportunity to re-iterate our thanks to The Foundation for Sport and the Arts for the tremendous support of this project and the massive, wider investment in the clubs:future programme.

We look forward to considering nominations and to being able to reward the work being done to maintain the high standards achieved right across the UK.

## Greater Manchester SHINE-ing Example!

In a recent visit to a Thameside school Olympic silver medallist Jamie Baulch took time out to present Greater Manchester's Athletic Development Officer, Lyndey Whiteside with the Norwich Union shine:awards Platinum Award.

The award was given in recognition of her hard work, commitment and support for the promotion and delivery of the Norwich Union shine:awards for the Greater Manchester Sports Partnership.



Jamie Baulch presents Lyndey Whiteside with the Platinum shine award

## CUMBRIA - update

### Steve appointed as athletics consultant for Cumbria

Local man Steve Fletcher (Keswick AC) has taken on the role of athletics consultant for Cumbria. Over the next 6 months Steve will be working closely with clubs, schools, communities and key partners to develop a comprehensive 5-year plan for the development of athletics in Cumbria. Steve has an impressive business/consultancy background and is a keen runner who is heavily involved in grass roots athletics development in Cumbria and as England Junior Fell & Mountain Running team manager.

Steve says, 'I'm looking forward with great enthusiasm to the opportunity of working in partnership with the sports community in Cumbria to develop a 5-year plan that reflects the needs of clubs and schools and provides them with the resources to build on the county's many strengths.

"As well as providing us with a great resource for training and competition, the unique geography of Cumbria presents a particular challenge; a challenge I hope we can respond to flexibly and imaginatively to establish Cumbria as one of the leading athletics areas in the UK'.

Contact:  
Steve Fletcher Mobile: 0779 3563181 Email:  
[steve.j.fletcher@btinternet.com](mailto:steve.j.fletcher@btinternet.com)

### Cumbria County Squad

There's great news for Cumbrian athletes as Gwenda Ward has taken on the role of Team Manager for the County Squad.

Gwenda has organised a coaching day for sprinters and jumpers on Sat 5<sup>th</sup> February at Copeland Stadium, Whitehaven. The day will be led by Peter Warden – former National Athletics Coach and Commonwealth Bronze medallist, and anyone

interested in attending should contact Gwenda Ward [gwendaward@yahoo.com](mailto:gwendaward@yahoo.com) or call Steve Fletcher on 0779 3563181

### Coach Education

The next two months provide a great opportunity for coaches/potential coaches in Cumbria to access coach education courses. Carlisle is hosting a series of coach education courses and there are still limited places available.

#### Level 1

Sat 5<sup>th</sup> Feb  
St. Martins College.

#### Children in Athletics

Sun 6<sup>th</sup> Feb  
St. Aidans Sports College.

#### Level 2 Core

Sat 5<sup>th</sup> – Sun 6<sup>th</sup> March  
St. Aidans Sports College

For further information about the courses including content and cost please contact Michael Hunt on (07968) 498710 or email:  
[mhunt@englandathletics.org](mailto:mhunt@englandathletics.org)

## New England Takes Shape

The Foster Project Board, tasked with driving forward the reform of athletics in the UK, has announced its plans for launching England Athletics. It was also confirmed that Peter Radcliffe has been appointed Chair of the interim body that will become England Athletics.

From January 2005 Peter will take up his position and work closely with Sir Andrew Foster and Jack Buckner (Chair and Project Director respectively), George Bunner (Chair of the AAA of England) and David Moorcroft (Chief Executive UK Athletics).

They will be appointing a Chief Executive of England Athletics to join the team in early 2005 and further developing the delivery strategy, structure and financial model for the new body. Appointments will take place during 2005 and it is anticipated that England Athletics will be fully operational in April 2006 after the Commonwealth Games in Melbourne.

As well as developing the new England Athletics, the interim body will work with UK Athletics to oversee the transfer of certain functions from UKA to the new organisation as identified in the Foster Report. It was also agreed a competition group would meet covering the disciplines, the territories and other groups as appropriate.

These proposals have been developed and agreed by a working group that included representatives from AAA of England, South of England AA, Midland Counties AA and the North of England AA. The working group has endorsed and extended the concept of devolving delivery responsibility and resources to nine English regions. A regional forum, comprising volunteers will be established to advise on the development and direction of their region. The volunteer who chairs each forum will also sit on a new English Forum to ensure coordination and a voice within England.

Sir Andrew Foster said: "Real progress is now being made in our reform of athletics, with the key recommendation of a new England Athletics well underway. We are also delighted that Peter has agreed to become the Chair of the interim body working to create the new structure. Peter has a mixture of both corporate and sport experience that will play a key role in developing a body fit to deliver and boost participation and success in athletics across England."

Jack Buckner commented: "We are now entering a crucial stage in implementing the key recommendations from the Foster Report. I am very much committed to working closely with Peter and the Project Board to shape the new England Athletics over the next year."

George Bunner added: "I am very pleased by the opportunity to create a new England. Throughout the period of transition the AAA of England will be fully operative in all its

activities leading up to a successful Commonwealth Games. It will be involved and cooperate fully in the implementation of the new England Athletics and the transferring of roles at the appropriate time."

David Moorcroft said ' England Athletics will be a vital organisation for delivering a significant part of the UK Strategy which aims to widen the base of participation and enable athletes to fulfil their ambitions and potential. I welcome Peter's appointment and look forward to working with him.'

Peter Radcliffe said: "I am very much looking forward to leading the creation of the new body and ensuring that we have the best structure and team in place when England Athletics is fully operational in April 2006. I'm pleased to be able to bring my experiences from both business and club athletics into this challenging and exciting role."

## England Athletics Consultation Sessions

England Athletics is a new organisation that is to be established in 2006 as a key part of the modernisation of athletics within the UK.

Part of this process includes a series of consultation events in January and February. These events will be attended by members of the project team as well as Jack Buckner - the Project director. These meetings will discuss the proposals and next steps required to implement them - I would encourage you to make every effort to attend. The North West meeting dates are as follows:

Date	Location	Time
Mon 31 <sup>st</sup> January	Thistle Hotel, Grasmere, Cumbria	6.30 for 7.00pm
Wed 2 <sup>nd</sup> February	Robin Park Stadium, Wigan	6.30 for 7.00pm

If you require any further information prior to these dates please contact:  
 Michael Hunt, RDC, SportCity, Gate 13 Rowsley Street, Eastlands, Manchester, M11 3LF  
 Mobile: (07968) 498710 Email: [mhunt@englandathletics.org](mailto:mhunt@englandathletics.org)

## NORTH WEST PERFORMANCE

This update is for athletes, coaches and parents to give them an introduction to the regional squads and initiatives being run the North West area in 2004 / 2005.

We have consolidated the squads run last year merging the NW Performance / NW Talent squads together and also merging the NW Potential / NW Participation squads. Hopefully it will be easier for athletes to see where they fit into the programme.

There is an appropriate squad for every athlete in the North West, whether you are just starting out, or you are targeting the next Olympic Games in Beijing in 2008. We offer the most complete squad 'ladder' of any region in England, which is only possible because of the huge amount of voluntary work put in by ACNW, so this is a good place to thank them for their dedication to the sport!

Almost every aspect of the programme is fully or partially funded by one of the National


Lottery Programmes – so please keep buying your tickets!!

All of the information in this booklet, along with the names of athletes selected into each squad, will also be published on our web site – go to [www.ukathletics.net](http://www.ukathletics.net) and then click on Performance, Performance Centres, North West Performance Centre.

Every year the targets to get onto squads get tougher and tougher, but with dedication and

smart training you or your athletes should be able to progress up the ladder. Who can say how high you will get!

Best wishes for the year,



Senior Performance Coach  
North West Performance Centre

### North West Performance Ladder

SQUAD	Age Group	Level	Selection Criteria
World Class Performance	n/a	Medal Potential at World C'ships or Olympic Games	Result at Major Champs <i>or</i> WCP Matrix <sup>(1)</sup>
UK Potential	17 – 24	Talent to reach World Class Performance Squad	Result at Major Age Champs <i>or</i> UK Potential Matrix
NW Talent	15+	Talent to reach UK Potential (already active in sport)	Senior/U23/U20: AAAs Medallist or GB&NI International Vest U17: ESAA / AAAs Top 8 U15: ESAA / AAAs Medallist
NW Talent ID	14 – 16	Talent to reach UK Potential	By recommendation and assessment
NW Potential	14 – 22	Potential to reach NW Potential / Talent squads	By invitation (top 6 Northerns) or by application
NW Active Sport	10 – 14	Introduction to the sport	After schools programmes

### Other North West Squads

Coaches Seminars	n/a	Coach working or aspiring to work with WCP / Potential athletes	By invitation (Coach to WCP / Potential athlete or Level 4 Coach) or by application
SPAR Sprints	14+	Athletes up to 400m & relays	By invitation
Endurance Initiative	16+	Athletes from 800m and up	By invitation
Rover Combined Events	14+	Combined events athletes	By invitation
Aqua Pura	14 – 17	All female athletes	By invitation

### North West Camp and Squad Dates 2005

CAMP	Feb	Mar	Apr
UK Potential	Sun 27 <sup>th</sup>		Sun 24 <sup>th</sup>
NW Coaches Seminars			
NW Performance			
NW Talent	Sun 20 <sup>th</sup>		
NW Potential (ACNW)	Sun 27 <sup>th</sup>	Sun 20 <sup>th</sup>	
NW Active Sports Partnership Squad		Sun 6 <sup>th</sup>	
NW Rover Combined Events		Sun 13 <sup>th</sup>	Sun 17 <sup>th</sup>
Spar Sprints Initiative			Sun 10 <sup>th</sup>

## USEFUL CONTACTS

### CHESHIRE

Leonie Lightfoot  
Athletics Development Officer  
Tel: 01606 871812  
Email: [LeonieL@sportcheshire.org](mailto:LeonieL@sportcheshire.org)

### CUMBRIA

Steve Fletcher  
Athletics Consultant  
Tel: 0779 3563181  
Email: [steve.fletcher@btinternet.com](mailto:steve.fletcher@btinternet.com)

### GREATER MANCHESTER

Lyndsey Whiteside  
Athletics Development Officer  
Tel: 0161 2231002:  
Email: [Lyndsey@greatersport.co.uk](mailto:Lyndsey@greatersport.co.uk)

### LANCASHIRE

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## Coach Education

CHILDREN IN ATHLETICS			
6/02/2005	St Aidans	Carlisle	NWCIA20
26/03/2005	Regional Athletics Arena	Manchester	NWC1A17
16/04/2005	Venue to be confirmed	Wirral	NWCIA21
17/04/2005	Venue to be confirmed	Sefton	NWCIA22
03/07/2005	Regional Athletics Arena	Manchester	NWCIA18
16/07/2005	Venue to be confirmed	Wigan	NWCIA23
14/08/2005	Stanley Park Arena	Blackpool	NWCIA24
20/08/2005	Victoria Park	Warrington	NWCIA25
18/09/2005	Venue to be confirmed	Liverpool	NWCIA26
19/11/2005	SportCity	Manchester	NWCIA27
17/12/2005	SportCity	Manchester	NWCIA28
29/01/2006	SportCity	Manchester	NWCIA29
FITNESS IN RUNNING & WALKING			
30/04/2005	Preston Arena	Preston	NWFIRW02
09/07/2005	Cardinal Heenan School	Liverpool	NWFIRW03
LEVEL 1			
05/02/2005	St. Martins College	Carlisle	
09/04/2005	Venue to be confirmed	Wirral	NW067
10/04/2005	Venue to be confirmed	Sefton	NW068
16/04/2005	Cumberland Athletics Ctr	Crewe	NW069
18/06/2005	Springhill Sports Centre	Rochdale	NW070
19/06/2005	St Martins College	Lancaster	NW071
02/07/2005	Regional Athletics Arena	Manchester	NW063
17/07/2005	Stanley Park	Blackpool	NW072
23/07/2005	Victoria Park	Warrington	NW073
17/09/2005	Venue to be confirmed	Liverpool	NW074
08/10/2005	Ashton on Mersey	Trafford	NW075
16/10/2005	St Martins College	Lancaster	NW076
12/11/2005	SportCity	Manchester	NW077
03/12/2005	SportCity	Manchester	NW078
07/01/2006	SportCity	Manchester	NW079
05/02/2006	St Martins College	Lancaster	NW080
11/03/2006	SportCity	Manchester	NW 081
LEVEL 2 (core)			
05/06 Mar 2005	St Aidans	Carlisle	NW221
02/03 July 2005	Springhill Sports Centre	Rochdale	NW222
10/11 Sept 2005	Stanley Park	Blackpool	NW223
22/23 Oct 2005	Venue to be confirmed	St Helens	NW224
26/27 Nov 2005	Venue to be confirmed	Bolton	NW225
10/11 Dec 2005	SportCity	Manchester	NW226
25/26 Feb 2006	SportCity	Manchester	NW227
LEVEL 2 (event)			
23/24 April 2005	SportCity	Manchester	TBC
22/23 April 2006	Regional Athletics Arena	Manchester	
LEVEL 3 (PHASE 1)			
17/18 Sept 2005	Stanley Park Sports Centre	Blackpool	NW3C1003
08/09 Oct 2005	Cardinal Heenan School	Liverpool	NW3C1004
LEVEL 3 (phase 2)			
05/06 Mar 2005	SportCity	Manchester	
12/13 Mar 2005	SportCity	Manchester	
18/19 Feb 2006	Regional Athletics Arena	Manchester	NW3C2003
25/26 Mar 2006	Regional Athletics Arena	Manchester	NW3C2004
Level 4 (Phase 1)			
15 Oct 2005	SportCity	Manchester	NW4C1002
Level 4 (phase 2)			
12/13 March 2005	SportCity	Manchester	
29/30 April 2006	Regional Athletics Arena	Manchester	NW4C2002
Strength and Conditioning Module			
02/03 April 2005	Regional Athletics Arena	Manchester	

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