

Issue 15 - December 2007

HAPPY NEW YEAR!



Photo: SW UK School Games Team - 2007

We have had a great year in 2007, many events and activities have been promoted and the South West are leading the way in supporting athletics development. We have awarded and supported athletes, coaches, officials and clubs and volunteers to strengthen what we do.

We would like to thank everyone who has been involved this year and we all look forward to an exciting 2008.

Some highlights are in this newsletter, but please see [our website](#) for the latest news reports and updates.

Highlights of 2007

Competition

UK School Games

Congratulations to the South West team on finishing third

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Seasons Greetings and Best Wishes for 2008 to all our readers!

Dates for your Diary....

6 Jan 08 - SW Inter-Counties Cross Country Champs - Bicton

20 Jan 08 - SW Officials Conference - Exeter

23 Jan 08 - RRLG Update Meeting

9/10 Feb 08 - SW Schools Champs - Cheltenham

1 Mar 08 - SW Regional Conference & Dinner - Exeter

12 Apr 08 - SW Regional Coaching Conference - venue to be confirmed

21 May 08 - SW Disability Champs -

overall at the UK School Games in Coventry. We look forward to the South West Region hosting the next UK School Games in Bristol & Bath in 2008.

Medal winners:

GOLD - Katie Wickman (Discus)
GOLD - Sophie Upton (Pole Vault)
SILVER - Lauren Priest (Triple Jump)
SILVER - Amy Wakeham (80m hurdles)
BRONZE - Kitty Eleyae (100m)
BRONZE - Ben Gibb (Javelin)
BRONZE - Peter Howard (Discus)
BRONZE - Jay Hill (Hammer)

SW Team in Belgium

The South West Team travelled to Zele near Gent in Belgium in August 2007.

The overseas trip again proved a success and Sonya Ellis, the Regional Manager for England Athletics South West, was delighted.

"The whole point of the trip was to give our athletes experience of competing in a different country with a different culture and language and they rose to the occasion," said Ellis.

"There were a number of personal bests and very good performances and overall this was one of the best groups of athletes we have ever taken. The trip was a huge success and everyone really enjoyed themselves."

South West Inter Counties

The 2007 South West Inter Counties was held at Exeter on Sunday 5 August 2007 and proved to be another successful day for all athletes attending. Standards in the South West are improving.

Inter Association Match - Aberdare

The Inter Association Match was held at Aberdare, Wales on 18 July 2007. We would like to say how pleased we were with the team efforts and response. It was great evening and well worth the trip, with good competition.

10k Champs at Wimborne

The SW Inter-Counties Road Running Championships were held in conjunction with the Wimborne 10 on 18 November 2007. Despite the bad weather conditions there was a strong turnout for this event and both the Men's and Ladies records were broken.

Results of the Inter-Counties Champs follow:

SW County Results - Men (Points)

Exeter

Coach Education

Below are the current coaching course dates for 2008. Further courses will be added to this programme and will be advertised on our [website](#) in the coach education section.

Please note refunds on any courses will only be considered up to 48 hours before the course.

Level 1 Coaching : Cost £60

Saturday 12 January - Exeter
Saturday 19 January - North Somerset
Saturday 9 February - Bournemouth
Sunday 30 March - Swindon

Level 2 Coaching – Core : Cost £140

2/3 February - Exeter
16/17 February - Bath
23/24 February - Bournemouth

Level 2 Event Specific Modules

Ivybridge, Devon:

Saturday 8 March – Endurance / Jumps
Sunday 25 Nov – Speed / Throws

Bath University:

Saturday 19 April – Speed / Throws
Sunday 20 April – Endurance / Jumps
Provisional dates at Bath University - to be confirmed

Cost per additional module: £30

Level 3 Phase 2 : Cost £100

9/10 February - Taunton

Level 3 Mentoring Module : Cost £100

16/17 Feb 08 - Yeovil

Children in Athletics : Cost £60

Sunday, 17 February – Truro
Sunday 24 February - Yeovil

- 1 Dorset 22
- 2 Devon 23
- 3 Gloucestershire 43
- 4 Wiltshire 71
- 5 Cornwall 85
- 6 Somerset 101

SW County Results - Women (Points)

- 1 Gloucestershire 13
- 2 Dorset 27
- 3 Devon 28
- 4 Wiltshire 29
- 5 Cornwall 34
- 6 Somerset 53

Indoor Champs

The inaugural SW Indoor Championships were held on Saturday 8 December 2007 at the University of Bath, in partnership with Team Bath AC, and were a great success attracting in excess of 200 entries. For a first event this was very encouraging, with athletes attending from all 7 counties.

SW Cross Country Champs - to be held 6 January 2008

Once again our Championships are on 6 January 2008 at Bicton, with both individual, club and county teams taking part. For further details and an application form please visit our [website](#).

Conferences

In the New Year a number of conferences have been organised - please note the following dates for your diary:

Officials Conference - 20 January at Exeter

This will be held on Sunday 20 January 08 from 10.00 - 4.00 pm at Exeter Golf & Country Club .

- National Update
- Health & Safety
- Rules Update
- Training & Education

This conference is free for all South West officials and we particularly welcome new officials who have taken a course or who are booked on a course this year. It is an ideal chance to find out what is going on and to offer suggestions for the way that officiating should go forward in the South West.

It also includes an updated Health & Safety course which all officials need to attend to maintain their licence. There is also a chance to meet with fellow officials from your own discipline (including road race officials) to discuss specific issues related to that discipline. We hope everyone who

Fitness in Running & Walking : Cost £60

Sunday 20 January- Taunton
Sunday 17 February – Ivybridge
Sunday 16 March - Braunton

Contact [Morag Ford](#) on 01392 879733 for further information and to book your place on the above courses.

Coach Education Grants

The South West have put a fund together to support as many dedicated coaches in the region that we can. Certain criteria must be met but, on reaching these criteria, 50% of course fees can be granted to the coach.

Visit our [website](#) for further information on coach education grants and to download an application form.

Education

From 1 February 2008:

Elevating Athletics will be modified to Certificates in teaching primary & secondary athletics. These courses are each six hours in duration and can be completed as one day, two half days or three twilight sessions.

Contact Richard Gwyn to arrange a course:

Tel: 01392 879733 Email: rgwyn@englandathletics.org

Norwich Union Shine Awards will become a web based resource: www.norwichunionshineawards.com

The advantages will include:

- A simplified range of awards – a streamlined easy to deliver and fun awards programme
- Easier data entry – data can now be entered away from the restrictions of a school network

attends will get a lot out of the day.

Coaches Conference - 12 April 2008 - venue to be confirmed

- Coach education: UK Coaching Certificate
- Coach development: Regional/County activity
- Talent ID
- Talent development: playground to podium pathways
- Regional group event coaches: roles & responsibilities

Main South West Conference and Annual Dinner - 1 March 2008 - Exeter Golf & Country Club

Our annual awards and conference are again this year being held with the opportunity for anyone to contribute to the region.

- Competition
- Local athletics networks
- Volunteer Awards

Road Running Leadership Group Update

We will be holding a Road Running Leadership workshop on 23 January 2008 at Exeter Golf & Country Club to discuss progress on road running development. Places are limited so please send only one representative per Club. More details will be available on the [website](#).

Officials Education

We are very keen to recruit more officials in the SW Region so if you are interested in attending here is a brief overview of the courses in the New Year.

Next Scheduled Level 1 Course Dates

Mon 10 March 2008 (10am – 3pm) - Oxstalls Campus, Gloucester
Sat 12 April 2008 (10am – 3pm) - Oxstalls Campus, Gloucester
Thurs 15 May 2008 (10am – 3pm) Oxstalls Campus, Gloucester

Other Level 1 courses can be arranged elsewhere in the SW Region if there are sufficient numbers interested. Please contact [Morag Ford](#) or telephone the office on 01392 879733.

Next Scheduled Level 2 Course Dates

Sat 26 January 2008 (10am – 3pm) - Yeovil Track
Sun 17 February 2008 (10am – 3pm) - Yate Track, Bristol

Course Costs - The Level 1 and 2 courses cost £10 (which may be subsidised by either your club / county if you are prepared to be a volunteer assistant official at club / county

- Wider access – Children and their parents can view their results from home

- Simple updates – easier to update all activities and events

- Rapid updates – of all performance tables

- Choice – you can access a comprehensive choice of reports

- Flexibility – existing data can be uploaded from schools to the secure server

- Downloads – the site will provide you with easily downloadable activity programmes

The UK Virtual Athletics League will be fully launched:

www.virtualathleticsleague.co.uk

This resource is particularly of benefit to schools with limited transport and / or in rural locations.



South West Timekeepers

Merchandise

Join the Fun

We have produced a promotional video which shows an example of an event in the region and the fun everyone has at this event as an athlete, official, coach, helper or parent. View the [video](#), together with further information on how to get involved in athletics on our website.

The message we would like to send is - join the fun - athletics could be for you - why not come and try it!

Future Plans

events). The course normally lasts 5 hours including a lunch break and will give you a valuable insight into officiating.

Two Endurance Officials Courses for Road & Cross Country Clubs

Currently being arranged in mid Cornwall / Plymouth on Sunday 13 January 2008 for all Devon & Cornwall officials and a second course on Saturday 2 February 2008 at Somerset College of Arts & Technology (tbc) for Somerset, Dorset and Wiltshire officials.

These courses will be delivered by Paul Ross who has already delivered a course in Yate for Avon, Wiltshire and Gloucester officials. Remember from 1 January 2008 all permitted road races must have a qualified UKA official at the event to be given a permit.

We hope you now wish to enrol on one of the Officials Courses and will be encouraged to start / continue volunteering as an athletics official.

If you have any questions or need any further information please contact the office on 01392 879733.

Cerebral Palsy Sport Athletics Day at Bath University - Sat 24 November 2007

A number of athletes and coaches from across the country benefited from top level coaching including Lincoln Asquith, Esther Cruice, Rob Ellchuk and Ben Rushgrove.

Ben is World Record holder over 100 metres in the T36 category and competes for Team Bath AC. Esther is a former Paralympic athlete and recently tutored the sports coach UK 'Working with Disabled People in Athletics' course held in Stroud. Rob is South West regional disability coach and also coaches Ben at Team Bath AC. Lincoln, having been a top international sprinter, now coaches on the World Class disability programme.

Andrew Hooper, having competed at the UK School Games in Coventry, enjoyed the day and picked up some useful technical information about improving his sprint start. Jen Slade, Disability Community Sports Coach for the Somerset Activity and Sports Partnership, also benefited from the experience of sharing best practice with some of the country's top coaches.

For more information about CP Sport go to: www.cpsport.org

SW Disability Championships

The South West regional junior disability championships will take place at Exeter Arena on Wednesday 21 May 2008.

More information on the [Championships](#).

We are hoping to update and increase promotional material. A series of club posters is being put together and also ideas for a club folder / template that can be used as part of a welcome pack.

Kit

We now have the following England Athletics South West kit and merchandise available for purchase:

- T-shirts
- Polo Shirts
- Jackets
- Umbrellas
- 2008 Diaries
- Pens

Visit the website for [prices and to view items](#) or email [Morag Ford](#) for further information and to place any orders.

SW Region Club & Volunteer Award Winners 2007

Congratulations to all our 2007 winners. View [full list](#) on our website. We will also be distributing a list in the new year.

New Clubs

We would like to welcome the following new Clubs to the Region:
North Somerset AC - Avon
St Austell RC - Cornwall
Dimensions RC - Dorset
Running Somewhere Else - Gloucestershire

Amendment to Club Update 06

Tewkesbury AC, Gloucestershire, and Swindon Striders, Wiltshire, were omitted in error from the last Club Update and should have been entered as affiliated clubs.

Contact Details

South West Regional Office
c/o Exeter Golf & Country Club,
Countess Wear,
Exeter, EX2 7AE

South West's Major Achievements

Athletes

63 athletes supported for achieving Power of 10 national standards
13 athletes ranked No. 1 in the UK 2007
3rd team in UK School Games in Coventry 2007

Clubs

21 clubs achieved Clubmark accreditation
139 clubs in region affiliated as at 4 December

Coaching

1778 active coaches (1050 with valid CRB)
108 Level 1 courses in the region
33 Fitness in Running leaders courses held in the region
48 Children in Athletics courses
39 Level 2 courses
5 Level 3 courses
3 Level 4 coaches supported to complete their award
10 athletics community coaches employed to work with junior development and school to club links in the region

Officials

Courses organised in most counties with:
57 attending Level 1 courses
132 attending Level 2 courses
44 attending Level 3 course
437 active qualified officials in the region

Tel : 01392 879733
Fax : 01392 876382

Sonya Ellis, Regional Manager
07968 498709
sellis@englandathletics.org

Richard Gwyn, PDC
07920 532558
rgwyn@englandathletics.org

Neil Parsley, PDC
07824 302932
nparsley@englandathletics.org

Morag Ford, Administrator
01392 879733
mford@englandathletics.org