



**DUCHY ATHLETICS
NETWORK
NOVEMBER/DECEMBER
2010 NEWSLETTER**



Duchy Athletics Network launch gives boost to athletics in Cornwall

The DAN was finally launched at this year's Mob Match. With over 420 runners in attendance, representing a good proportion of the road running and triathlon clubs in the county, Andy Moore the DAN chair and Rob Cockings the recently appointed DAN club and coach co-ordinator, were pleased to have the opportunity to promote the DAN to members of non-Network clubs and to also catch up with members of the Network clubs prior to the start of the race. After the race, Andy Moore announced the launch of the Network to the numerous groups of runners representing their clubs at the post-race Grand Prix presentation, giving him the chance to promote the aims of the Network to a good cross-section of the Cornish road running community.



From left to right: Andy Moore (DAN chair), Rob Cockings (DAN club and coach coordinator), Paul Bullock (St Austell Running Club), Mark Omori (Mounts Bay Harriers) and Emma Stallard (Cornwall AC).

Great success of 'Walk/Run' initiative at STARC

Katie Bullock a Leader at St Austell Running Club couldn't have realised her wish to start a 'Run/Walk' group as an extension of the main club, would blossom into such an amazing success story. Realising that the clubs 'Foundation Group' for beginners could prove intimidating to some people, it was agreed by the club that it would provide a night separate from the normal club nights to provide local people who wanted to keep fit by running, the opportunity to train in a pressure free environment, with like minded people.

The new group was started on a Monday evening, with 25 ladies turning up on the first night. These members quickly reaped the benefits in general fitness and well – being, weight loss, a boost in self – esteem and confidence, with several joining the main club in regular social events also.

There is now a regular attendance of around 45 – 50 every Monday and the various sessions include hill reps, a measured mile, Hoe Down relays and a regular 3 mile Time Trial to allow the members to measure the progress they have made.

Several of the 'Run – Walk Group' have now progressed to become active club members on Tuesdays and Thursdays, with some combining the Monday Group with a Thursday at the main club. The recent Newquay 10k saw some of the Group make their race debuts (very successfully) and around 20 entered the Falmouth Mob Match 5 miler as their first race.

St Austell Running Club have benefited by gaining over 50 new members directly through this initiative.

Between 5 and 8 club Group Leaders regularly support and encourage the runners who are always given the option of running or walking in any of the sessions, but the majority are soon running more than walking.

St Austell Running Club's walk and run club August 2010

There is always the option to remain with the Monday Group for those not wishing to run further or take part in races.



St Austell Running Club's walk and run club August 2010
Photo: Paul Williams

First Graduates at Hayle!

Hayle Runners are celebrating the first graduates from its beginners walk and run group. The team of new runners joined the club following the Race for Life in June of this year and have been in training with the club's specialist walk in run coach Ann Berriman. Hayle Runners worked with English Athletics under their Run in England initiative and established a specific opportunity for people who were new to runners to give it a try. The group of runners started off with the basics of exercise including warming up and stretching and gradually moved from walking and running short distances to being able to run for 4 or 5 miles with little or no break. Some have become so confident that they have moved up into one of the other eight coaching groups that Hayle Runners arrange on a Tuesday evening at Hayle Rugby Club starting at 7pm.

According to Anne who is a qualified group Leader with English Athletics the group has worked really well.

'It is great to see the confidence of the group growing week by week. Although a number of them were slightly nervous to start with the fact that they were starting with other beginners with a dedicated group leader really helped. Some of them have done so well they have even completed some short races and brought along there friends to join us. We are hoping to repeat the group in the new year but in the meantime anyone is welcome to give it a try'

Hayle Runners cater for runners of all abilities and currently support up to eight differently paced coaching groups. The clubs training nights are held at Hayle Rugby Club on Tuesday and Thursday at 7pm. Longer runs are also arranged on Sundays when no grand prix races are being held. Coaching support is also be available at Carn Brea track on Thursdays at 7pm.



Pictured with Anne are back row left to right - Chris Higgins, Carol Rouncefield, Ann Senior, and Jane Gibb. Front row left to right - Jo Crossley, Naila Henry, Anne Berriman and Pauline Pilling.

South West Coaching and Leader Courses 2011

(For further information go to www.englandathletics.org)

50% bursery only available for 'Coach course' from CSP at present – Up to March 2011.

LEADERSHIP IN RUNNING FITNESS - £90 PER PERSON			
Date	Venue	Region	Course Code
12/02/11	Eggbuckland Community College, Plymouth	SW	MC0261
05/03/11	Torbay Leisure Centre, Paignton	SW	MC0262
27/03/11	Exeter University	SW	MC0256
ATHLETICS LEADER AWARD - £130 per person (£95 EA subsidised cost)			
08/01/11	The Thomas Hardy School, Dorchester	SW	MC0249
18/02/11 (Friday)	Yeovil College, Yeovil	SW	MC0235
COACHING ASSISTANT - £175 per person (£130 EA subsidised cost)			
5/6 February	Brickfields Sports Centre, Plymouth	SW	MC0239
19/20 February	Bristol University - UWE	SW	MC0245
26/27 February	Shrewsbury College of Arts & Technology	W Mids	MC0251
19/20 March	Truro School , Truro	SW	MC0242
26/27 March	County Ground Lifestyle Centre, Swindon	SW	MC0260
COACH - £365 per person (£325 EA subsidised cost)			
12/13 March 23 April 17 July	Filton College, Bristol – Day 1 and 2 Day 3 Assessment	SW	MC0250A MC0250B MC0250C
26/27 March 7 May 30 July	Tavistock College – Day 1 and 2 Day 3 Assessment	SW	MC0264A MC0264B MC0264C

DAN Coaching Conference

Tony Lett our County Coach and Rob Cockings, the DAN club and coach co-ordinator are currently finalising the programme for the DAN Coaching Conference to be held on the afternoon of Sunday 30th January 2011 at Grampound Community Hall. It will include a number of varied and interesting workshops, and it will also offer up the opportunity for coaches to do some networking with coaches from other clubs. The cost is £5 for non-Network members, but is free to Network members. A full itinerary of workshops will be forwarded to all Cornish running and athletics clubs by early January 2011.



Coaching Breakfast

As part of the County Coaching Forum, a coaches' breakfast is going to be held on Saturday 26th Feb or Sunday 27th Feb at a mid-Cornwall venue. The aim is to bring coaches together in an informal manner to share good practices and to improve the bond between the coaches from the different clubs. A full English breakfast will be on offer (cereals, croissants, yoghurts will also be available) at no cost to Network members and £8 to non-Network members. Places will be limited and full details will be forwarded to member clubs by Rob Cockings by the end of January 2011

Dates set for DAN 5k Series

St Austell Running Club, Cornwall AC and Hayle Runners have all agreed to organise a race each for this series on behalf of the Network, which it is hoped will inspire people new to running to take part in races, established runners to have the chance to compete at a very fast pace and to also give volunteers the chance to be trained as race officials. Profits from the series will be used by the Network to help improve coaching standards and coaching opportunities for its members.

Great care has been taken not to interfere with the Grand Prix Series and independent events, with the three organising clubs looking to hold their races as follows:

- CAC – Weds 4th May 2011**
- STARC – Weds 27th July 2011**
- Hayle Runners – 10th August 2011**

There's plenty of work to be done to get all three races organised, but it looks like we can look forward to some exciting racing this summer. Watch this space for future updates.

Sportshall short on competitors

Over the last couple of months there has been a lot of hard work put into organising and delivering Sporthall in the county by a dedicated team of coaches, officials and volunteers, mainly from Newquay and Par AC and Cornwall AC:

Organisers: Paul Lowe/Mo Pearson

Registration/Scores: Glynis Keast/Julie Rogers

Catering: Michelle Trevail

Coaches: Paul Lowe (Level 2), Mo Pearson (Level 4), Clive Marsh (Level 3), Dave Tointon (Level 1), Steve Pascoe (Level 1), Charlotte Lowe (Under 17 athlete), Lewis Pascoe & Aidan Patton (Under 15 athletes), Louise Floyd (Under 20 athlete) and 3 parents.

Unfortunately there has been a poor turn-out of competitors to-date at the two events held in St Austell and Carn Brea.

This is a great pity as the school children who did compete, had a great time taking part in the running, throwing, jumping and agility events on offer at both of the competitions, and hopefully some of them may be inspired to get involved in athletics at their schools or at local athletics clubs in the future.

For more details on this event please contact Paul Lowe of Newquay & Par AC, at: jlowe2@sky.com

Successful First Aid course organised by CAC

Pete Robins reports back on the first aid course recently run at The Hub club:

Unlike many sports, in Athletics it is not obligatory for Coaches & Officials to hold a first aid certificate to keep a coaching licence valid, but it is highly recommended by UKA. To this end CAC agreed that all its Coaches & Officials would be working towards holding a First Aid Certificate, & attend a Safeguarding Children course along with their UKA Licence.

On 4th December the first DAN Sports First Aid course was held at the Hub Club in Redruth with eleven participants taking part.

The course was run under the.... auspices of ITC (Intermediate Temporary Care Ltd) a first aid training company specialising in custom made courses for its participants. This course was in fact Unit 1 of ITC's Sports First Aid course.

ITC also delivers its courses in a very practical hands on manner which the course participants enjoyed & found a good learning medium.....no death by power-point for DAN members!

The seven hour course covered for example, Vital Signs, Accident Procedure, CPR (including the recent changes in October from the Resuscitation Council), Choking, Practical Scenarios related to athletics etc.

One course member ..."found the highly practical nature of the course excellent" whilst another commented that "he felt much more confident now should an emergency arise when he is coaching out on the road or trails"

Due to demand a repeat course (Sports First Aid Unit 1) seven hours is to be held at the Hub Club on 8th January.

Also, on 15th January a Sports First Aid Unit 2 course seven hours will be held for those course members who attended the 4th December course or the 8th January course. Both courses are at the Hub Club in Redruth.

Both courses offer great value for money at £65 each, and some clubs may also wish to subsidise their members attending the courses. (There is presently no 50% bursary available from DAN for these courses).

Courses are also open to members of clubs not at present affiliated to DAN.

Places are limited on the courses, so it is advisable to book a place ASAP by contacting Rob Cockings, DAN Club & Coach Co-ordinator - rcockings@cornwall.gov.uk or Pete Robins, Coaching Secretary CAC email petejoggerobins@gmail.com

The Cornwall Road Running Group get a date for Traffic Management course

The agreed date for the Traffic management training course for running clubs in Cornwall is scheduled for Saturday 28th Jan 2011.

The venue has not yet been arranged but it is expected to be in Mid Cornwall.

Can you please let Doug Alsop have the names of the representatives of your clubs who would like to attend and are available on that date.

Please email Doug at: Tremodrett@talktalk.net



Mounts Bay Harriers message on its festive runs

MONDAY 20 DECEMBER - once again Mounts Bay Harriers will be having their Christmas Lights Run. This years trot .and I mean trot, not a race! (roughly 6 miles in total) along Penzance Promenade, through Newlyn and onto Mousehole to view the Christmas lights will be held on **MONDAY 20th DECEMBER**, leaving the Yacht Inn Car Park, Penzance at 7PM, all friends, family and runners of local clubs are invited to join us - please wear something glittery, flashy, high vis, fancy dressy, Christmassy, head torchy etc and hide some loose change in your shorts to throw into the charity buckets when we get to Mousehole - as usual we will be popping into the Yacht Inn for our Christmas raffle, mince pies, chips and coffees (or something stronger) on our return.



WEDNESDAY 29 DECEMBER - meeting at 10.30am at the St Levan playing fields (start of the St Levan 10K) MBH invite you to run with them the St Levan Coastal Run - all runners invited to run this challenging but picturesque coastal path from Poljigga to Porthcurno (approx 6 miles) taking in the Minack Theatre steps! Usually a run to blow away those Christmas cobwebs, so dress appropriately.

SATURDAY 1 JANUARY 2011 - an alternative to Brown Willy - New Years Day, Geoff Letchford will once again be leading this 5 mile social off road run over the moors at Zennor - mud, gorse, puddles, wind, ice, snow! and even a bit of local history thrown in from Geoff - we've had it all in the past (long run tights advised) - meet at The Tinnars Arms car park, Zennor at 11am (hangover permitting!) and then 'Hair of the Dog!' or most probably soup, roll and a coffee at the pub!



Have a great Christmas and New Year

And if you're stuck for ideas on Christmas presents, most local sports shops offer discounts to sports club members in their areas and for Cornish running clubs discounts are offered on kit and shoes at the following running stores:

Cornwall Running Store, Wadebridge. Tel: 01208 815009

At Your Pace, Helston. Tel: 01326 565850

Personal Best, St Austell. Tel: 01726 815255

If your club would like to have an article published in the next newsletter, please send it to: Rob Cockings at: rcockings@cornwall.gov.uk