



## POWER OF 10

### - RAISING ATHLETICS STANDARDS

The new Power of 10 website has been launched with the aim of raising standards nationally and regionally. All event rankings are listed including road running, highlighting the benchmark figure of 10th place. UK Athletics have set an increasing benchmark level so that as many athletes as possible can achieve over and above the Power of 10!

For more information go to: [www.powerof10.info](http://www.powerof10.info)  
This is an interactive site which welcomes athletes, coaches and event organisers to update missing or incorrect information. Simply follow the links on the website. Let's see how many South West athletes we can get to the Power of 10...



An Elevating Athletics tutor training course has been set up anyone interested in becoming a tutor for any education courses, who has a background in teaching or related skills, please contact Richard Gwyn.

Date: Monday 4th September 2006  
Venue: Yeovil College  
Time: 9am – 4.30pm.

The course will include:

- Investigating learning styles
- What makes an effective tutor
- Strategy for teacher education.

For more information and to book onto the course please contact the office

Elevating Athletics awareness courses are available for teachers. For further information please call the office or see the sw website

### Shine Awards Workshops

Shine Awards or Sportshall workshops are available each practical workshop is 2 hours long. Please contact the office to arrange a date.

## Useful Contacts



Athletics House, Central Boulevard, Blythe Valley Park, Solihull West Midlands B90 8AJ

Telephone: 0870 9986800

Fax: 0870 9986752

Web site: [www.ukathletics.net](http://www.ukathletics.net)

### First South West Inter County Road Running Championships

Athletes from across the SW were selected by their counties for an inter county event held within the Taunton half marathon in April 2006. This was the first time athletes in the region have been given the opportunity, and comes from the regional road running group who had identified that there was a gap in the athlete pathway for road running. This is the start of improving provision for road runners in the region. For the full road running plan see the website.

### Regional Squad Activity Dates

Provisional regional squad activity dates have been set to fit in with the national and international dates:

6th/7th January 2007  
27th/28th January 2007  
3rd/4th March 2007  
24th/25th March 2007

These are subject to change. Venues dates are to be confirmed. A full programme of regional and county activity will be published soon

### Events

16th September Road Running Officials course - Dorchester - contact Dorset AA.

1st October Level 1 (old system L4) officials course - Yeovil contact Roger Lee

23rd October Road Running/Race Organisers meeting - Exeter Arena - contact Paul Ross

Full list of events/courses to follow - please see the sw website.

## Thanks to Bill



The end of an era as the SW RETA - Bill Whistlecroft MBE hands over coach education administration to regional staff from September 2006. Stuart Sibbald will be the main point of contact for course information from the 16th September 2006, so any applications for courses need to be forwarded to Stuart. We would like to thank Bill for all his hard work and support for this area.

Bill is continuing within the region with his vast experience and skills in the coaching area. He will support the regional coaches and the new squad structure being set up by the regional coaching committee. Bill has also been voted onto the new Regional Council. The South West will make full use of Bill's skills in helping move the region forward during this time of restructure.

## CARP funding Success in South West

Congratulations to both:

### Cam Brea (Cornwall) and Cheltenham (Glos) tracks

for being successful in obtaining funding in the last round of CARP (Community Athletics Refurbishment Project) funding to help upgrade their facilities.

Carrick District Council will receive £50,000 towards a £127,262 project to resurface and upgrade the track at Carn Brea.

Cheltenham District Council were delighted with their £10,000 award towards a £32,032 project.

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Wednesday 2pm-9pm