



**Charnwood
Athletic Club**

Newsletter July 2016

Club Mobile: 07596 871553
Website: www.charnwoodac.co.uk
Email: cacnewsletter@hotmail.co.uk

CHARNWOOD AC MID-WEEK OPENS 2016

Paula Radcliffe Athletics Track, Loughborough University, LE11 3TU

The next mid-week open is scheduled for Wednesday 20th July. Timetable below:

18:30	400m (U17+)	
18:45	800m (U13+)	Javelin (U15+) >30m Shot <10m High Jump Long Jump <4m
19:10	75m (U11)	
19:25	100m(U13+)	Long Jump (U11)
19:45		Javelin (U15+) <30m Shot >10m Long Jump >4m
20:05	150m (U11)	
20:15	200m (U13+)	
20:45	300m (U15+)	
21:00	1500m (U13+)	

- Electronic timing and results screen for track events
- EDM for field events
- Races run slowest to fastest
- Entry online only - £5.50 per event including transaction fee

Full details including online entry can be found at:

<http://charnwood.athletics-uk.org/>

Future meeting dates:

- Wednesday 10th August

YDL Lower Age Group – Match 3

Coventry, June 19th

On Sunday 19th June our under 13/15 team travelled to Coventry Godiva for the third fixture of the season, and once again gave a great account of themselves.

For the under 13 girls Neve Evans and Gemma Newport both won their respective 800m races, Olivis Bonshor and Lexie McLoughlin came 1st and 3rd in the 1200m while Lexie also took 3rd place in the high jump with Rebecca Preece winning the B event.

Alex Coleston-Shields secured victory for the under 13 boys in the 1500m, Scott Moss and Lorin Darkin-Price came 2nd and 3rd in the javelin and Jamie Carrott, 3rd, and Luca Michalowski, 2nd, did well in the long jump. Luca also came 3rd in the high jump A competition with brother Zack also 3rd in the B event and the brothers also scored valuable points in the hurdles.

The under 15 girls excelled as Mollie Swann won both her 100m and 200m events, Emily MacTaggart and Lydia Bonshor were both runners-up in the 300m and Laura Aryeetey won the 800m. Mia Atkinson and Maya Stokes again picked up maximum points in the 1500m, as did Jasmine Routledge and Amy McLoughlin in the hammer throw.

Victoria Johnson and Ciara Byrne came 1st and 3rd in the 75m hurdles and Molly Palmer won the long jump with a tremendous leap of 5.1 metres, with Dalila Watson coming 3rd with her maiden competition jump. Dalila was also victorious in the pole vault and completed a great jump treble by coming 3rd in the high jump.

The 4 x 100m relay team then came 3rd and the 4 x 300m relay runners again finished in 2nd position. For the under 15 boys Jacob Fairhurst and Sheldon Fivaz both came 2nd in the 100m, Luke Nuttall and Jolyon Leavesley gained two 1st places in the 800m and Ethan O'Shea and George Shepherd came 2nd and 1st respectively in their 1500m races.

Harry Culpin secured 1st place in the high jump and came 2nd in the pole vault and both the 4 x 100m and 4 x 300m relay teams were runners-up.

Amongst these highlights every team member performed heroically to pick up valuable points to enable Charnwood to finish in third position once again, but only 13 points behind 2nd place Milton Keynes and a massive 41 points ahead of 4th placed Birchfield Harriers.

As ever, support from friends and family was excellent, and much appreciated by the athletes, and we now look forward to the final fixture of the season at Milton Keynes on Saturday 16th July.

English Schools Championships

Gateshead, July 8-9th

The English Schools Athletics Association held their Annual Championships at Gateshead over the 8th & 9th July, and twenty Charnwood athletes qualified and were selected to participate.

Sam Foreman, representing Derbyshire, came 7th in his Intermediate 100m heat, Charlotte Jones, Staffordshire, was 11th in the Intermediate triple jump and Molly Palmer, Nottinghamshire, who is not yet 13 did excellently to finish in 14th place in the Junior long jump.

Of the other athletes, who all represented Leicestershire, Tom Gostellow came 7th in his Intermediate 800m heat, as did Ethan O'Shea in the Junior event, Lily Gregory finished 6th in her Junior 800m while Laura Mullen in the Senior 800m was desperately unlucky not to qualify for the finals as she was tripped in the home straight but got up to finish 5th.

Harriet Cooper came 4th in her Senior 400m heat, Jazzmin Kiffin 7th in her Intermediate 300m heat, Lucy Jones 8th in her Senior 1500m heat, Luke Nuttall 11th in his Junior 1500m heat with Joe Pollard 13th in his Intermediate 3000m heat.

In the field Kitty Joseph-Blacker was placed 11th in the Intermediate long jump, Ivan Tapper came 8th in the Senior javelin and Jasmine Routledge reached the final round in the Junior hammer, throwing a personal best distance to finish 7th.

George Burnett won through to the final in the Senior 1500m where he finished 11th and Laura Aryeetey did really well in the Junior 1500m, coming 2nd in her heat and 4th in the final with two personal best times.

Three hurdlers, all coached by Roger and Ellie Binks, won medals. After finishing 2nd in the heats Tre Thomas won a bronze medal in the Intermediate 100m hurdles, missing out on a silver by 0.02 seconds in a photo finish and Victoria Johnson also came through her heats to secure a silver medal in the Junior 75m hurdles.

Ben Higgins, after coming 2nd in his heat, ran a personal best time to win a silver medal in the Intermediate 400m hurdles, a tremendous result in his first season at the event, and was duly rewarded by selection for England at the SIAB International meeting on 16th July.

All the athletes were a huge credit to Charnwood AC, and everybody at the club is extremely proud and extend their congratulations on their great achievements.



Tre Thomas – 3rd Intermediate boys 100m Hurdles



Ben Higgins – 2nd Intermediate boys 400m Hurdles

Ben has gone on to win the SIAB International Meeting in a PB of 54.53



Victoria Johnson – 2nd Junior girls 75m Hurdles

Road Racing Roundup

Derby Half Marathon – June 5th

4 th	Garance Blaut	1 hour 20 minutes 36 seconds
14 th	Kate Champneys	1 hour 29 minutes 43 seconds
15 th	Natalie Wettler	1 hour 30 minutes 17 seconds
27 th	Joanne Spencer	1 hour 34 minutes 07 seconds

South Downs Way 100 Mile Race – June 11th

16 th	Graham Watson	18 hours 56 minutes 07 seconds
21 st	James Watkins	19 hours 36 minutes 05 seconds

Notts 10 Mile Road Race – June 17th

Women:

1 st	Gemma Steel	53 minutes 57 seconds
2 nd	Juliet Potter	57 minutes 00 seconds
7 th	Katie Lomas	64 minutes 26 seconds
9 th	Natalie Wettler	64 minutes 54 seconds
25 th	Madeliene Lomas	73 minutes 45 seconds

Men:

14 th	Martin Lewis	56 minutes 12 seconds
71 st	Robert Jalland	66 minutes 05 seconds

European Athletics Half Marathon Championships (Amsterdam) – July 10th

10 th	Gemma Steel	72 minutes 19 seconds
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Gemma was representing Great Britain

CLUB:CONNECT Relays

Birmingham

At very short notice, Charnwood AC was invited to send U13-U20 relay teams to participate in the club-connect events forming the curtain raiser to the British Athletics Championships. In just 24 hours, we managed to get 5 teams together: U13G, U15G, U15B, U17G, U17B to compete against 7 other clubs. 20 excited athletes had the afternoon off school, and with parental support we headed off to Birmingham.

As the start time got ever closer, each team was taken to the outside warm up area, then indoors to the HiPac before finally escorted out to the track ready for their relays. Athletes got the full treatment of wristband IDs, official escorts, cameras and live, big screen footage. After the races, athletes were able to join their supporters in the stands and enjoy the start of the Championships with 100m & 400m heats. Athletes got up close to their idols, many getting autographs and selfies. Kudos to Richard Kilty who spent ages on "autograph alley" for the many young athletes lining up to meet him.

At such short notice and up against huge clubs like Birchfield & Halesowen, the teams acquitted themselves really well. U17m & U15M both achieved season best performances and our U17W achieved a PB. Whilst there was £250 available to each winning team, this type of event is more about the experience and the pleasure to participate in a high profile event under championship conditions.

Club-Connect relay events have been staged at different, high profile meetings around the UK inviting local clubs to participate. The most recent event before this one was the Diamond League also at Birmingham. I hope our participation means that Charnwood will be invited to more Club-Connect events in the future, extending the opportunity to more of our athletes.

More info on Club-Connect: Club:Connect is a British Athletics initiative with the objective of recognising and rewarding the significant contribution made by clubs in supporting athletes throughout all levels of their athletics journey. <http://www.britishathletics.org.uk/competitions/british-athletics-club-connect/>

Athletes and results:

U17 Boys: 46.46 SB

Solomon Unwin
Sam Foreman
David Aryeetey
Kyle Calhoun

U17 Girls: 51.98 PB

Brooke Hart
Chelsey Marshall
Millie Shaw
Jazzmin Kiffin

U15 Boys: 49.09 SB

Billy Champneys-Davies
Tom Blewitt-Jenkins
Tye Parker
Jacob Fairhurst

U15 Girls

Lydia Bonshor
Emily Gostelow
Naomi Wilbram
Molly Palmer

U13 Girls

India Tolfrey
Libby Monk
Olivia Bonshor
Lexie McLoughlin

Leicestershire & Rutland Quadkids

Leicester, July 2nd

On 2nd July the second Quadkids fixture took place at Saffron Lane and Charnwood's young athletes once again gave a good account of themselves.

Charlie White improved to come 1st for the year 3/4 boys with Harry Carrot finishing 7th as they were once again 2nd overall. Top ten finishes for Khara Bowlay-Williams, Emma Abel and Millie Parrott saw the year 3/4 girls once again narrowly edged into 2nd place.

The year 5/6 boys won by a large margin of 21 points thanks to Jamie Carrot and Matthew Lo finishing 1st and 2nd, well supported by Ellis Cameron and Ben Djafer coming 9th and 10th.

For the girls Charli Sampson improved her finishing position by one place, coming 4th, Lucy Atkins performed magnificently to come 5th with Georgia Sorby and Jessica Farrar also being placed in the top 10 as they came 2nd.

With one re-arranged match, in September, to be played our year 3/4 boys lie 2nd, 26 points behind the leaders, as do the girls, but only by 8 points. At year 5/6 level the boys hold a narrow lead of 10 points, while the girls also lead with a margin of 25 points.

As a result of these strong performances Charnwood lead the overall competition by a large margin of 235 points, so well done to the coaches and all the young athletes who took part.

U15 Boys Leicestershire & Rutland Sportshall League

Charnwood AC are putting together an under 15 team to take part in this year's Leicestershire & Rutland Sportshall League, and so are looking for boys who wish to take part. They must be under 15 during the summer season and so born between 1st September 2001 and 31st August 2003.

The basic format is a series of athletics track and field events adapted to fit into an indoor Sportshall and consists of only three fixtures, on Saturday afternoons, sometime from late September to early December, with a total of ten other clubs involved.

Charnwood entered a team at under 15 level for the first time last year and were County Champions, as have been the under 13 team for the last two years, and many of our athletes went on to represent Leicestershire in the Midland finals.

If you are interested in being part of the Charnwood team please let me know, although this will not mean you are committed to take part in all the fixtures, and should you only wish to participate in one or two of the matches this can be accommodated. If you can indicate your availability I will confirm dates, venues, events, etc. in a couple of months when this information has been supplied to the clubs.

John Hammond - Charnwood AC Under 15 Sportshall Manager

E-mail: hammondjohn@fsmail.net / Phone: 07949 905709

Charnwood Athletic Club Running Jacket

Charnwood Athletic Club are proud to announce the arrival of the NEW club running jacket

This high performance jacket not only looks stylish in the club green colours, it also performs to an excellent standard.

Made from a light weight fabric it is designed to keep off the wind whilst allowing breathability. Reflective stripes and our very own reflective Charnwood Fox have been strategically placed for great visibility and safety.



ON SALE
from the Clubhouse

Club member
price: £35

Thank you to all who have contributed to this newsletter. An apology for any errors or omissions in this edition, if there were any they were unintentional.

We want to hear from all of you, so we can keep our members informed, whether you are a coach, athlete, volunteer, parent or grandparent.

If you have some news for the next issue, then please email items and photos to cacnewsletter@hotmail.co.uk