



**Charnwood
Athletic Club**

Newsletter September 2015

**Club Mobile: 07596 871553
Website: www.charnwoodac.co.uk**

Anniversary Games Success



Sophie Hahn won Gold and achieved a new World Record of 13 seconds in 100m T38 in Anniversary games.

Libby Clegg/Mikail Huggins won Gold in the 200m with a time of 25.22 seconds.



Shaun Burrows Junior World Para Games Gold 100m/200m in Holland

Theo Zake Gold and Ugandan National Champion 100m

OMISSION FROM ESAA REPORT

AUGUST ISSUE

Jessamie Rattray represented Notts in the inter girls 3000 finishing 11th with a pb.

Fergus McAuliffe represented Staffs in the junior 800m reaching the final where he finished 9th in a new pb and club record 2.02.35.

To reach the final he also ran a pb and broke his previous club record.

Apologies that the following results weren't part of the report. Unfortunately I rely on people sending me information and in this case, where athletes are representing different counties, it is easy for them to be missed.

So please avoid this by sending any news to cacnewsletter@hotmail.co.uk. If you have a result you know of that needs celebrating then please keep me informed.

RELAYS

The following relays are coming up:

- Midlands 4 Stage Road Relays - Saturday 19th September, Sutton Park
- National 4 Stage Road Relays – Saturday 3rd October, Sutton Park
- Midlands XC Relays – Saturday 17th October, Walsall Arboretum
- British Masters XC Relays (W35+) - Saturday 24th October, West Park Long Eaton
- National XC Relays – Saturday 31st October, Berry Hill Mansfield

YORK 10K – 2nd AUGUST 2015

2nd Lady Leila Armoush 37m 13s

LEICESTERSHIRE & RUTLAND COMBINED EVENTS CHAMPIONSHIPS

Luca Michalowski participated in the Leicestershire and Rutland Combined Events Championships on 16 August at Saffron Lane in Leicester.

He took part in the U13 boy's pentathlon event and competed in 75m Hurdles, Shot, Long Jump, High Jump, and 800m.

Luca was awarded Gold medal and is the Leicestershire Boys U13 Combined Events champion.

This may be the first time an U13 boy from Charnwood Athletic Club has participated in a pentathlon, which would mean that Luca sets a new club record.

Millie Shaw also competed and won a Silver Medal in the U15 girl's pentathlon so a huge well done to both athletes.

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

So if you have some news for the next issue then please email **items and photos** to: Ruth Edwards: **cacnewsletter@hotmail.co.uk**

Items for the October newsletter need to be received by Friday 25th September.