



**Charnwood
Athletic Club**

Newsletter March 2017

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

REMINDER

FOR ALL CHARNWOD ATHLETIC CLUB MEMBERS

ALL MEMBERSHIP RENEWAL FEES ARE DUE

ON MARCH 1ST 2017

PLEASE RENEW AS SOON AS POSSIBLE TO HELP WITH REGISTRATION AND PROVIDE TEAM MANAGERS WITH UP TO DATE INFORMATION.

RENEWAL FORMS CAN BE COLLECTED FROM THE CLUBHOUSE OR PRINTED FROM THE WEBSITE.

A REPLACEMENT MEMBERSHIP CARD WILL BE CREATED FOR EACH MEMBER.

Colin Barnes – Membership Secretary

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

English National Cross Country Championships – Wollaton Park, February 25-26th

With the turbulent weather and damage caused by Storm Doris only 24 hours earlier, the English National Cross Country Championships at Wollaton Park on Saturday 25th February was always going to present a significant challenge for every one of the 8100 competitors. That said, save for the continued windy conditions and treacherous stretches of mud, the park offered a picturesque setting for the 10 events staged on the day. As ever competition was fierce in every age group as the best athletes from around the country came together to challenge for both individual and team honours. Charnwood Athletic Club on the back of significant regional success in previous months were well represented in all races and age groups.

For the senior women it was a fantastic day, with 4 to count for the team, Juliet Potter came home 5th, 29.84, with Sophie Coldwell 12th, 30.24. Anne Holyland running at not full fitness put in a top team performance 31.25, 30th. While completing the foursome Katie Synge came in 60th, 32.25. With a total of 107 points, this gave them 2nd team prize. Also running were Charnwood regulars Katie Lomas 34.03, 116th, Elsie Butler 34.10 121st, Natalie Wettler 35.53 190th, Louise Richmond 38.24 291st. Catherine Tinker 39.04 and Julie Dutton 48.02.

A tough act to follow, but the senior men put in a great effort on a rapidly deteriorating course. Tom Whitmore continued his good form on the roads to bring Charnwood home in 199th 44.56, Tom Lupton 243rd 45.43, Pete Swaine 369th 47.24, Tim Doran 475th 48.44, James Watkins 784th 52.31 with Alistair Parkin 875th 53.35 bringing the team of six home to give them 40th position in the team event. Completing the men's line up James Keyteringham 56.21, Nick White, 51.58, and John Rees 59.11.

In the U17 age group, a challenging 5k and 6k course was faced by the women and men respectively. Charnwood's women opened the event facing difficult odds with a depleted team of 4 at the gun. Amy Hammersley led the team home with an excellent run finishing in 63rd place out of over 250 competitors whilst Paige Stevenson, having recently returned from injury, came through strongly in 106th place and Eleanor Here produced a gutsy performance coming back to racing form and finishing a very credible 188th. Unfortunately, Hannah Seager was forced to pull up after a strong early run.

The U17 men continued their season's success coming in third and securing another National medal for the club. Joe Pollard followed up his regional gold with an outstanding 5th position individually. Other great performances from Tom Gostelow (44th), Oliver Rouse (52nd), Archie Banks (65th) secured not only the national award but also the Alf Cannon trophy for the highest placing Midlands team in the National Event. In addition, Dan Maud (78th), Ben Rouse (87th), Finn Lydon (102nd), Jack Douglas (199th) and Dan Brown (235th) all competed strongly securing a great set of results.

At U15 age group, the modified 4k course proved equally challenging. In the girls' event, Laura Aryeety produced another strong run to secure 47th place in a field of 426 athletes. Lottie Davidson also delivered a positive run finishing 96th, with Maya Stokes (125th) and Jasmine Greenaway (405th) bringing the girls team home in 23rd position. In the boys' event, Ethan O'Shea produced the run of the day coming in 15th position out of the 379 athletes. With Luke Nuttall (47th), Jamie Day (140th), Ryan Elson (203rd) and Seamus Hurst (259th) all competing positively, even the unfortunate loss of George Shepard due to injury was borne bravely to ensure a 9th placing for the team.

At U13 level the competition was even more fierce with nearly 1000 boys and girls running. Charnwood's U13 girls' team comprising Lexie McLoughlin (42nd), Olivia Bonshor (75th), Lucy Morrison (107th), and Amelie McCann (162nd) finished in a very creditable 13th from 52 complete teams. In addition, Phillipa Jowett (259th), Gemma Newport (260th), Isabel Oakland (317th), Grace Perkins (411th), Jessica Farrar (432nd) and Charli Sampson (466th) all demonstrated the depth of running at junior levels at the club, each performing courageously on difficult terrain. The U13 boys similarly delivered a strong spread of results finishing 19th from 44 complete teams. Alex Coleston-Shields gave the run of the day finishing admirably in 19th place in a very challenging field. Supported by Tom Dixon (105th), Luke Talbot (253rd), Colin Ford (255th), Sam Lowing (317th), Luca Michalowski (328th), Ethan Day (382nd) and Sean McCann (pulled up due to injury), the boys all again ran a great race and mostly avoided the mud baths on the circuit.

Having washed off the mud from the weekend, secured top 10 individual and team performances, another national medal and a regional trophy returning to the club, Charnwood can justifiably feel satisfied with another highly successful cross country season.



U13 Girls



U15 Girls



U17 Men



U17 Men with the Alf Cannon Trophy for 1st placed Midlands team



Senior Women

Midland Indoor Championships - Barclaycard Arena, Birmingham – 11 – 12th February

On Saturday and Sunday 11th and 12th February 2017 The Barclaycard Arena Birmingham hosted the Midland Indoor Championships.

Under 15 Girls Molly Palmer dominated in the U15 60m. After running a fast 7.98 seconds in her semi-final she went on to win the final in a blistering 7.94 seconds. Molly went on to winning a fantastic second Gold medal after jumping 5.39 in the U15 Girls Long jump. She was a few centimetres short of her PB but that still keeps Molly joint top of the UK rankings. Mollie Swann also ran in the 60m heats and ran a time of 8.56 seconds.

In the Men's U17 60m and 200m it was again another Charnwood double medallist. Jody Smith ran a fantastic PB in the 60m to win Gold in 7.13 seconds. In an exciting 200m which went all the way to the finishing line. Jody was just pipped on the line to finish second. The winner's time was 22.21 seconds and Jody gained another PB of 22.28 seconds. A great achievement from Jody after some difficult injuries. Well done to Kyle Calhoun who finished sixth in the 60m final in 7.37 seconds.

In the Men's U17 400m Ben Higgins (400m Hurdles specialist) ran 51.08 seconds followed by Solomon Unwin in 53.05 seconds both advanced to the final. In the final Ben was in the lead from start to finish and won Gold in a brilliant time of 49.36 seconds making him the only athlete sub 50 seconds so far this season. Solomon finished fourth in 52.51. Ben went onto to compete in the U17 60m Hurdles where he just missed out on another medal finishing fourth in 8.55 seconds.

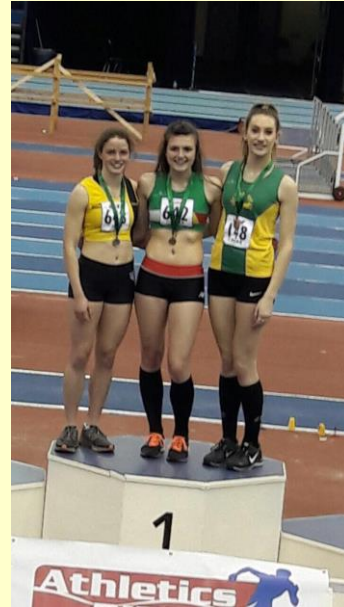
Victoria Johnson competed in the U17 Women's 60m Hurdles. In her first year as an U17 Victoria advanced to the final coming second in her heat in 9.05 seconds. In the final Victoria finished just outside the medals in fourth in a time of 8.97 seconds.

The Women's 400m was represented by Harriet Cooper and Jazzmin Kiffin. Harriet came second in her heat in 59.17 and qualified for the final. Jazzmin ran a seasons best in her heat but 60.43 seconds was just short of making the final. In the final Harriet ran a seasons best of 59.03 to win a bronze medal. This was an excellent result for Harriet after tearing her hamstring during winter training.

Tre` Thomas and David Aryeetey were both in the final of the U20 Men's 60m Hurdles. Tre` was in vintage fine form to win the final in 8.00 seconds. David finished just outside the medals in fourth in 8.73 seconds. David went on to compete in the U20 Men's 400m. David ran a PB 51.52 seconds to make the semi-final.



Molly Palmer



Harriet Cooper



Tre Thomas, Jody Smith, Ben Higgins & David Aryeety

National Age Group Indoor Championships Sheffield, 24th – 25th February

Big cheer for Charnwood medallists at the National Age Group championships:

- Molly Palmer – Bronze U15G 60m & Gold U15G LJ
 - Ben Higgins – Gold U17M 400m
 - Tré Thomas – Gold U20 60mh

Congratulations to everyone else that competed, many of which made finals and achieved PBs

LRRL Winter Road League

26th February

Sunday was the second round of the LRRL Winter Road League, hosted by Stilton Strider. The course was a 2 lap 7-mile route around Asfordby, taking in Ashfordby hill twice. After his previous days exerts Tom Whitmore did not hold back, and led from gun to tape, finishing in a time of 38.29. Martin Makin 5th 40.07, Tim Dorran 8th 40.42, James Ketteringham 83rd 47.13, Jim Noone 103rd 49.03 and Mark Whitmore 128th 49.57. Hannah Dorran was 1st lady back in a time of 42.50, and Julie Dutton finished with a time of 59.12.

MORE RUNNERS NEEDED! The road team needs 8 men and now 6 women to count for teams. Contact Martin Makin (mjmakin@hotmail.co.uk) if you are interested.

Call for volunteers!

Charnwood AC relies on volunteers to achieve most of the things we do. We have no paid staff and everyone that helps from coaches, officials and newsletter producer(!) through to the tea bar team does so as a volunteer. We need extra help in a couple of areas that are increasingly important:

- 1. Technical officials** run all our track and field events - we would like to hear from any parents, grandparents, friends or athletes (including young athletes) who are interested in becoming a technical official. We need people who can wield a stopwatch to capture our athlete's new PB as a timekeeper or a field judge to measure their best throw or jump. We are particularly interested in anyone who would like to train to be a starter. If you could help, then please contact our Club Secretary Liz Pearson (jfpearson@ntlworld.com) who can talk you through the short training courses available.
- 2. Awards evening** - Although we are only part way through the winter season of cross country, indoor events and road running we already have some major successes on the track, field and in the mud. In October we hold our annual awards evening and we need an organising committee to make sure it goes smoothly and provides the fitting celebration of our athlete's achievements. We have a great opportunity to update the format and content of this special event but we need some people to make it happen. It's our key social and celebration event so we'd like to see how there can be more of chance to get to know each other and have some fun. We'd really like to hear from our young members about what they'd like including ideas like quizzes and competitions on the night. If you can help, then please contact Andrew Gostelow (charnwoodac.chair@outlook.com) so we can get a team together to make it a night to remember!



CHARNWOOD AC OPENS 2017



Paula Radcliffe Athletics Track, Loughborough University, LE11 3TU

Sat 1st April 2017 - Provisional Timetable

11.00	3000m	11.00	Hammer <30m
11.30	Sprint Hurdles		Long Jump Males <5m
12.30	100m	11.30	Pole Vault <3m
13.30	800m	12.00	Hammer 30m+
14.30	200m	12.30	Long Jump Females <4m
15.30	1500m	13.15	Discus <30m
16.15	300m	14.00	High Jump Females
16.30	400m		Long Jump Males 5m+
16.45	Mile	14.15	Discus 30m+
		14.30	Pole Vault 3m+
		15.00	Long Jump Females 4m+
			Shot <10m
		15.30	High Jump Males
			Javelin <30m
		16.00	Shot 10m+
			Triple Jump
		16.30	Javelin 30m+

EXACT TIMETABLE WILL BE CONFIRMED WHEN ENTRIES HAVE CLOSED.

Electronic timing and results screen for track events
EDM for field events

Online entry £6 per event. Please see entry policy for further details.

Entry enquires to: entries@charnwoodacopens.co.uk

For entry and further event information, please like our event Facebook page.



www.facebook.com/charnwoodacopens

supporting
rainbows
hospice for children and young people

Charnwood A.C. are proud to support the Rainbows Hospice and Blesma Charities. 50p from every entry will be donated between these two charities. Additional donations can be made if desired on the online entry page.

Blesma
THE LIMBLESS VETERANS