



**Charnwood
Athletic Club**

Newsletter June 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 15th June. Timetable below:

18:30	300m (U15+)	
18:45	1500m (U13+)	Hammer (U15+) >35m Shot <10m High Jump Pole Vault (U15+)
19:10	75m (U11)	
19:25	100m(U13+)	Long Jump (U11)
19:45		Hammer (U15+) <35m Shot >10m
20:05	600m (U11)	
20:15	200m (U13+)	
20:45	400m (U17+)	
21:00	800m (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 20th July
- Wednesday 10th August

YDL Upper Age Group – Match 1

Banbury, May 1st

The U17/U20 team selection was a challenge (where are all the U20 athletes?), but we were able to put out a team and set off to Banbury. We were met with a chilly wind that lasted all day, and I still don't understand how some ended up with sun burn!

With 8 teams competing, Charnwood finished second overall, which was astounding given the high number of athletes that were not available. Those that attended were superb at stepping in to fill gaps, including those that had never participated in YDL before, stepping up to do events they had also never done before. Talk about double whammy. The team consisted of 39 athletes, and between them they earned 33 PBs. The PB count shows the amazing achievement of the team. Given that we had very few "B" athletes, second place was way above expectations, and it is clear that W&B who beat us, picked up loads of points with B athletes. We're coming to get you W&B!!!

We dominated Pole Vault, offering the only athletes for both ladies & mens events (Beth, Jemma & Cameron), so maximum points gained there. We also gained maximum points in several other events, with Ivan & Cameron in the javelin, Harriet 200m & 400m, Jess 800m Mariam 3K, Kitty LJ, Neve 800m, Charlotte & Leah in LJ, Charlotte, Millie & Leah in TJ & Charlotte in HJ. The lads picked up top points with David, Ben & Tré dominating the hurdles winning 400mH, 100mH & Ben & Tré the sprints winning 100m & 200m, whilst Joe & Fergus took all the points for 1500m.

Our relay teams didn't do so bad either - Quote of the day: "that relay was totally sick" - with 4X100 teams coming 2nd, 3rd & 4th and 4x300 4x400 both came 4th. The U17 4x400 ran a fantastic time of 3.40, after a tremendous race with a really exciting last leg which we won (by a hair), but were later DQ'd for a changeover infringement.

Parents were brilliant at helping where needed; putting up the tent, getting their heads round "A" athletes wearing a vest number that said "B", ensuring athletes were where they need to be, officiating and providing great banter that kept my sanity and sense of humour intact. I particularly enjoyed the jeers when the Charnwood manager was called to the office and I really enjoyed the concept of the alternative "parents YDL event" we were planning. If only that could happen....Special mention to Kyle & James who beat the conundrum of how to get 3 poles on a 32 seater bus...pity we didn't get extra points for that!!!

My sincere thanks go to all involved, including the team officials who also rocked up and earned us points, but particular thanks go to Cheryl Higgins who stepped in to help with the team selection and admin when Andrew suffered a family bereavement. Cheryl has been a rock bringing order to chaos and has been the voice of reason. When the selections blew my brains, it was Cheryl I turned to. Cheryl will continue to be a team manager for the rest of the season. My thoughts remain with Andrew and his family following their sad loss.

The final word goes to U17 sprinter and hurdler Tré Thomas who beat the YDL record for 100mH with a time of 12.8 eclipsing the previous record of 13.07.

Jo Unwin

County Championships

Various Locations, May 14-15th

Over the weekend of May 14th – 15th many Charnwood athletes were competing in County Championships. Below is a summary of the outstanding results that have been brought to our attention, however, if you have others please let us to know!

Leicestershire

U13 boy Luca Michalowski had a busy weekend winning gold medals in the high jump and discus, silver in the 800m and long jump, and bronze medals in the 1500m and 200m. Luca not only won medals, but also achieved 5PBs in the process! The image shows Luca proudly holding his medals and the trophy he was awarded for the high jump.

The following athletes were all crowned Leicestershire County champions:

Tre Thomas (U17M 100m, 110mh [CBP])

Harriet Cooper (SW 100m, 400m [CBP])

Jazzmin Kiffin (U17W 100m, 200m, 300m [CBP])

Libby Clegg (SW T12 200m)

Oliver Broady (U20M 200m)

Ben Higgins (U17M 200m, 400m, 400mh)

Becky Krych (SW 400m)

Neve Grimes (U17W 800m, 1500m)

Laura Aryeetey (U15G 800m, 1500m)

Thomas Gostelow (U17M 800m)

Ethan O'Shea (U15M 800m)

Joseph Pollard (U17M 1500m)

Luke Nuttall (U15M T48 800m)

Victoria Johnson (U15G 100m, 200m, 300m [CBP], 75mh [CBP])

Rebecca Preece (U13G 70mh, HJ, PV [CBP], SP)

Finn Antony Lydon (U17M 1500m s/c)



James Taylor (SM HJ)

Luca Michalowski (U13B HJ, DT)

Luke Talbot (U13B LJ)

Kitty Joseph-Blackler (U17W LJ)

Michaela Knight (U17W DT)

Tom Pearson (SM HT)

Jasmine Routledge (U15G HT [CBP])

Sam Parrott (U15B JT)

Nottinghamshire

Cameron Darkin-Price, new to U17s, won four gold medals and one bronze at the Nottinghamshire County Championships. He won gold for pole vault, long jump, shot and high jump and bronze for Javelin. Cameron is pictured with his medals.

The following athletes were also crowned champions at the Nottinghamshire Championships:

John Statham (M50 100m, SP)
Robert Stewart (M35 400m)
Fiona Palmer (SW 400m)
Euan Wilson (U20M 1500m, 3000m)
Dorothy Rubery (SW HT)
Rosie Muxlow (U20W JT, U17W JT)

Other champions include:

Paul Askew (M60 HJ) (**Derbyshire**)
Jolyon Leavesley (U15M 800m) (**Staffordshire**)
Sam Ruddock (SM F35 SP) (**Warwickshire**)



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

YDL Lower Age Group – Match 1

Nottingham, May 21st

The second fixture of the season took place at Nottingham on 21st May, and what a thrilling match it turned out to be.

We started quite slowly and by midday were lying in 6th position when Victoria Johnson won the 75 metre hurdles and Dalila Watson the pole vault, both at under 15, with Harry Culpin coming second, also in the pole vault, and we began to creep up the table.

We pushed into 4th place around half past one as Neve Evans and Gemma Newport (under 13) and Laura Aryeetey and Lily Gregory (under 15) all won their 800 metre races.

By quarter to four Mia Atkinson, Mya Stokes and Alex Colston-Shield had all won under 15 1500 metre races and with Scott Moss and Lorin Dakin-Price winning both the under 13 A & B javelin competitions we found ourselves in 3rd position.

At four o'clock, with only two events remaining, we were still in 3rd place, leading Birchfield Harriers by just six points.

The under 15 girls 4 x 300 metre relay team all ran the race of their lives, knocking a staggering eight seconds off their previous time to finish 2nd behind Birchfield.

And so the boys 4 x 300 metre relay team just had to finish two places behind the Harriers, and they did just that coming 3rd to ensure that the team finished 3rd, as we had done at the previous meeting.

We often say that every point is vital, and on this occasion it literally was and so congratulations to every athlete who took part and contributed to our excellent result.

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