



**Charnwood  
Athletic Club**

# Newsletter October 2016

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## October Training in the HiPAC

We have been able to organise the following training session for October in the HiPAC facility.

### Monday evenings commencing 3<sup>rd</sup> October:

7:00 – 8:30pm	8 Lanes
7:30 – 8:30pm	Pole Vault
7:00 – 8:30pm	Long Jump – Javelin x2
7:15 – 8:30pm	High Jump & Shot Putt area

### Wednesday evenings commencing 5th October:

6:30 – 8:30pm	4 Lanes (other 4 to be shared with LSAC)
6:30 – 8:00pm	Flexibility Strip
6:30 – 8:00pm	Long Jump x1

All other training groups will need to speak to the coaches involved and find out what has been arranged for October.

CAC will be able to return to using the track once the refurbishment is complete.

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](mailto:cacnewsletter@hotmail.co.uk)

# England Athletics U15 & U17 Athletics Championships

**Bedford, August 27-28th**

On Saturday and Sunday 27th and 28th August 2016 Bedford International Stadium hosted the Under 15 & 17 England Athletics Outdoor Championships.

Charnwood AC athletes Victoria Johnson, Tre`Thomas and Ben Higgins competed in the Hurdle events.

Victoria Johnson competed in the Under 15 women's 75m Hurdles. Victoria won her heat in 11.30 seconds and followed this up with a fantastic run in the Semi Final of 11.00 seconds equalling her Personal Best Time. In the Final Victoria was just edged out for gold with the winner running a near Championship Best of 10.93 seconds.

Tre` Thomas competed in the Under 17 Men's 100m Hurdles. In Tre`s Semi Final he won in a time of 13.03 seconds to advance to the Final. The Final was won in a fantastic time of 12.70 seconds and Tre` managed to finish in a close second in 12.98 seconds.

Ben Higgins competed in the Under 17 Men's 400m Hurdles. Ben won his Semi Final in a time of 56.76 seconds and advanced to the Final. In a high quality Final Ben finished third winning Bronze in a time of 55.28 seconds. This has been a great season for Ben who has only been doing the 400m Hurdles this season.

## 2016 Quadkids

**Bedford, August 27-28th**

The final re-arranged Quadkids match took place at Saffron Lane on Friday 2nd September and Charnwood's' young athletes were on top form as year 3/4 and 5/6 boys along with year 5/6 girls all won on the evening, with year 3/4 girls coming third.

Emma Abel shone for the year 3/4 girls finishing in 2nd position with Khara Bowlay-Williams in 8th place. Charlie Wade and Harry Carrott led the way for year 3/4 boys coming 2nd and 4th respectively.

Of the year 5/6 boys Matthew Lo finished 3rd, Jamie Carrott 4th and Ellis Cameron and Joe Holmes also secured top ten placings. Charli Sampson was leading finisher for year 5/6 girls in 3rd position, with Lucy Atkins claiming 7th place.

At the end of the 3 match series both Charnwood's' year 3/4 boys and girls finished as runners-up by a handful of points, while year 5/6 boys and girls both won their respective categories, meaning that the overall County Champions were once Charnwood by a convincing margin of 384 points.

Well done to every athlete who participated, Managers Andy Venables and Neil Broomfield along with their Assistants and all family and friends who came along and gave great support to the team.

# School Games 2016

## Loughborough, September 2nd

On Friday 2nd September 2016 the Loughborough Athletics Stadium was host to the School Games 2016 Athletics. This competition is for some of the best Under 17 athletes from England, Scotland and Ireland.

Three Charnwood AC athletes represented the England Midlands team. Tre` Thomas, Ben Higgins and Jazzmin Kiffin.

Tre` Thomas competed in the Under 17 Men's 100m Hurdles. The race was won in a fantastic time of 12.85 seconds for the Gold medal by Tre`. Tre` went on to compete in the Under 17 Men's 4x100m relay and win a second Gold medal. The Midlands team running a fantastic time of 42.31 seconds was some slick handovers.

Ben Higgins competed in the Under 17 Men's 400m Hurdles. In a high quality Final Ben was given the same time as the winner which was 55.18 seconds. But was given second place after a photo finish losing out by thousands of a second for Gold. Ben later competed in the Under 17 Men's 4x400m relay for the Midlands team. They ended up winning finishing third and earning a Bronze medal.

Jazzmin Kiffin competed in the Under 17 Women's 4x300m relay. After a very close race which Scotland won, the Midlands team ended up finishing second. But after a disqualification for Scotland the Midlands team were awarded the Gold medal.

To represent the Midlands in the School Games is a fantastic achievement gained by Tre`, Ben and Jazzmin.



## Leicestershire Combined Events County Championships

### September, Saffron Lane

On a wet and blustery day at Saffron Lane in early September, a number of Charnwood athletes participated in the Leicestershire Combined Events County Championships.

The competition was based on a pentathlon consisting of sprint hurdles, shot put, long jump, high jump and a middle distance run.

Neve Grimes won a silver medal in the under 17 women's competition, Rebecca Preece was crowned girls U13 county champion and Luca Michalowski became boys U13 county champion for the second year running gaining three personal bests and the championship record in the process.

## Midland Counties U13/15/17 Championships

### Charnwood Medallists



Fergus McAuliffe Silver U17s 800m >>>  
Daniel Maud Bronze U17s 800m

<<< Ethan O'Shea U15s Silver 800m

