



**Charnwood
Athletic Club**

Newsletter March 2016

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Membership Renewals

Subs are now overdue!

Renewal forms are available both in the club house and online. If you haven't already renewed your membership, please do so ASAP.

<http://www.charnwoodac.co.uk/Join%20Us/joinus.html>

ENGLISH SCHOOLS CROSS COUNTRY

Wollaton Park, Nottingham – March 5th

Charnwood were well represented across many races for the Leicestershire & Rutland team. Notable successes included:

Lucy Jones – Senior Girls – 4th Place

Thomas Gostelow – Intermediate Boys – 10th Place

Laura Aryeetey – Junior Girls – 10th Place

Joseph Pollard – Intermediate Boys – 13th Place

Congratulations to everyone who was selected to represent their county.

NATIONAL XC CHAMPIONSHIPS

Donnington Park – 27th February

Results from the national:

U13 Girls

Maya Stokes – 20 th	Lexie McLoughlin -103 rd	Olivia Bonshor – 137 th
Neve Evans – 172 nd	Lucy Morrison – 173 rd	Gemma Newport – 281 st
Charlotte Carp – 310 th	Amelie McCann – 311 th	Olivia Godsell – 351 st
Mia Champneys-Davies – 378 th	Charli Sampson – 430 th	

U13 Boys

Alex Coleston-Shields 52 nd	Jolyon Leavesley – 61 st	Jamie Day – 146 th
Tom Rattray – 218 th	Colin Foord – 234 th	Ryan Elston – 264 th
Sean McCann – 276 th	Ben Jones – 292 nd	Seamas Hurst – 301 st
Josh Bill – 360 th		

U15 Girls

Neve Grimes – 20 th	Laura Aryeetey – 21 st	Lottie Davidson – 71 st
Francesca Cole – 334 th		

U15 Boys

Ollie Rouse – 13 th	Ben Rouse – 46 th	Luke Nuttall – 56 th
Ethan O'Shea	Adam Bowley – 154 th	Daniel Brown – 194 th
Solly Unwin – 253 rd	Billy Champneys-Davies – 269 th	

U17 Women

Lucy Jones – 8 th	Laura Mullin – 37 th	Jess Rattray – 89 th
Amy Hammersley – 118 th	Paige Stevenson – 136 th	Amber Stevens – 146 th

U17 Men

Joe Pollard – 9 th	Thomas Gostelow – 25 th	George Burnett – 61 st
Euan Wilson -179 th		

U20 Women

Hannah Cox – 94 th	Mariam Getachew – 97 th
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Senior Women

Juliet Potter – 4 th	Elsie Butler – 71 st	Katie Lomas – 91 st
Louise Richmond – 269 th		

A full report can be found on the Loughborough Echo website:

<http://www.loughboroughecho.net/sport/other-sport/athletics/charnwood-ac-national-cross-country-10971618>

INTERCOUNTIES XC

Cofton Park, Birmingham – March 12th

Charnwood had three representatives in the U17Mens race – Thomas Gostelow, Joseph Pollard and George Burnett. The Leicestershire team came first with a total of 49 points for the 4 highest placed runners. The race was won by Leicestershire's Isaac Akers, with Alfie Thomas 11th, Thomas Gostelow 16th, Joseph Pollard 21st, Tom Corby 39th and George Burnett 67th.

The winning team of (L to R) Joseph Pollard, Isaac Akers, Alfie Thompson and Thomas Gostelow is shown below:



SPORTSHALL REGIONAL FINALS

Grantham – January 31st

The regional finals of Sportshall were held in Grantham on 31st January with 20 of our young athletes selected to represent Leicestershire boys and girls at U11, 13 and 15 levels. All 6 teams finished in the top 3 with the U13 and 15 girls winning outright to qualify for the UK Finals taking place at Manchester's Sportcity over the weekend of 19th and 20th March. These are the County's first ever representatives to reach the finals.

Essentially a great team effort, there were outstanding individual winning performances from the following:

Under 11:

Lottie Pinchess (balance test), Amy Dudley (chest push)

Under 15:

Mollie Swann (2 lap race), Dalila Watson (standing triple jump), Molly Palmer (standing long jump)

Under 15:

Cameron Dakin-Price (standing long jump)



Good luck to all our girls in the UK Finals!

ENGLAND ATHLETICS INDOOR CHAMPS (U15/U17/U20)

EIS, Sheffield – February 14th

Tre` Thomas competed in the U17m 60m Hurdles Final and won the gold medal in a Personal Best time of 7.90 seconds, which was just outside the Championship Best Time (7.89 seconds set in 2008 by Jack Meredith).

Victoria Johnson competed in the U15w 60m Hurdles Final and won silver in a Personal Best time of 9.06 seconds. She ran a great final and just missed out to the eventual winner who ran 8.93

Ben Higgins competed in the U17m 60m Hurdles and ran a PB in the heats 8.68 seconds which is good considering he has just moved up age groups. This is great experience for Ben to hopefully compete in the 400m Hurdles in the Outdoor season.

Kitty Joseph-Blackler competed in the U17w Long Jump and just missed out on a bronze medal by 4cm. Kitty jumped a PB 5.68 with a slight hamstring injury.

Harriet Cooper competed in the U20w 400m and came second in her heat in a PB 58.21 which meant Harriet qualified for the final. In the final Harriet finished 5th in a time of 59.69.

Jody Smith competed in the U17m 60m and ran 7.52 in his heat. He also competed in the 200m but was unfortunately disqualified. Again Jody has only just moved up age groups so this was a great experience for him to compete.

In the 60m events Jazzmin Kiffin took part at the U17 level, Mollie Swann ran a seasons best time of 8.42 seconds in the under 15 event.

Ethan O`Shea ran a seasons best of 2 minutes 14.07 seconds in the under 15 800m



Tre` on the rostrum (centre)



Victoria on the rostrum (left)

LRRL WINTER SERIES

Stilton 7 - 28th February - 2nd Race

Ed Toone	15 th	40.51
Phil Leaney	108 th	47.49
Paul Leaney	150 th	50.11
John Rees	153 rd	49.59
Mark Whitmore	188 th	52.08
Robert Jalland	228 th	54.28
Erika Jalland	73 rd	58.41
Lizzie Rees	116 th	65.48

Kibworth 6 - 6th March - 3rd Race

Mark Couldwell	2 nd	32.46
Ed Toone	16 th	35.13
Ross Martin	32 nd	36.09
Martin Makin	42 nd	36.56
John Rees	116 th	41.49
Mark Whitmore	185 th	44.11
Robert Jalland	198 th	44.50
Michelle Kruger	17 th	44.10
Erika Jalland	77 th	50.54

Some good results over the two races, but with 8 men and 4 ladies to count for the teams in the league, we are languishing down at the bottom of both. We know people train for all sorts of races, from spring marathons, to 3km track, but we need to get more out on the local circuit. The men got promoted from the 3rd division to the 1st Division in two seasons 5 year ago, and we could end up being relegated this season.

Come on Charnwood AC let's see the Green and Gold vest out in force at Desford on the 27th March!

ARMAGH INTERNATIONAL 3KM ROAD RACE

18th February

9th – Gemma Hillier-Moses (representing England)

49th – Elsie Butler

62nd – Hollie Smith

112th – Ainslea Cross

COVENTRY HALF MARATHON

28th February

Women:

1st – Garance Blaut – 1.21.01 (PB)

57th – Hollie Smith – 1.36.36

Men:

42nd – Josh Smith – 1.19.46 (PB)

60th – James Watkins – 1.21.06 (PB)

245th – Jake Smith – 1.29.29

346th – Peter Mensley – 1.32.13

CHARNWOOD AC OPEN GRADED WARM UP MEETING

10th April

Entries are currently being taken for the first Charnwood open meeting of the new season. Entry forms and a provisional timetable are available both in the club house and online. Entries close Wednesday 6th April. Note field events are limited to 16 entries per event.

<http://www.charnwoodac.co.uk/Fixtures/fixtures.html>

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, parent or grandparent.

If you have some news for the next issue then please email items and photos to

cacnewsletter@hotmail.co.uk