



**Charnwood
Athletic Club**

Newsletter June 2015

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Leicestershire County Athletics Championships
Saturday 23rd and Sunday 24th May – Pingles Stadium, Nuneaton



70 MEDALS FOR CHARNWOOD

Charnwood Athletics Club had a very successful competition and great start to the season with 70 medals won across the two days on both track and field. In three events the club had a clean sweep of all three medals (shown in bold below).

Saturdays Results - Competed in 30 events with 43 medals

www.ira.org.uk/media/24184/2015_champs_saturday_results_verified.pdf

| | |
|--|--|
| U17M 100m hurdles Tre Thomas 1st 13.90s Toby Trayner 2nd 16.57s | U15B 1500m Oliver Rouse 1st 4:18.55 Luke Nuttall 2nd 4:30.78 Jack Douglas 4th 4:32.98 George Shephard 7th 4:35.37 |
| U15M 80m hurdles Ben Higgins 1st 12.58s | |
| U15G 75m hurdles Victoria Johnson 1st 11.95s Millie Shaw 2nd 12.24s Tabitha Woolhouse 4th 13.06s | U17M 400m Thomas Gostelow 3rd 53.08s Tre Thomas 4th 53.80s Edward Jones 5th 56.57s |
| U13B 1500m Tom Pollard 1st 5:15.68 Jamie Day 2nd 5:21.93 Luca Michalowski 3rd 5:32.26 | U20M 400m Joshua Clydesdale 1st 51.22s |
| U13B 100m Tom Blewitt-Jenkins 3rd 14.37s Luca Michalowski 7th 15.64s | U15B 300m Solomon Unwin 1st 38.79s Ben Higgins 2nd 40.65s |
| U15B 100m Thomas Dayman 1st 12.53s Ben Higgins 2nd 12.54s | Senior Men 1500m James Douglas 1st 4:16.61 |
| U17M 100m Tre Thomas 1st 11.99s | U17W Hammer Aimee Seager 2nd 33.40m |
| U20M 100m (Warwickshire) Douglas Stilgoe 4th 13.42s (Parallel Success) | U15G Hammer Jasmine Routledge 1st 34.66m |
| U17M 1500m Steeplechase Finn Lydon 1st 5:25.40 (New Record) | U15B Long Jump Solomon Unwin 1st 5.20m |
| U15G 800m Laura Aryeety 1st 2:19.76 Hannah Seager 3rd 2:23.62 Mia Atkinson 5th 2:25.30 Jasmine Stevens 6th 2:25.70 Katie West 14th 2:48.46 | Senior Men Shot Put Christopher Mee 2nd 11.43m Tom Pearson 3rd 11.07m Sam Ruddock 1st 12.12m (Parallel Success) |
| U17W 800m Amy Hammersley 3rd 2:27.03 Aimee Seager 4th 2:29.07 | U20W High Jump Gabrielle McNeelance 1st 1.45m |
| U13G 200m Jasmine Greenaway 1st 29.15s | U15G Discus Leah Smith 2nd 14.40m |
| U15G 200m Victoria Johnson 1st 27.73s Millie Shaw 2nd 27.75s Emily Gostelow 3rd 28.73s Lydia Bonshor 4th 29.82s | Senior Men Discus Tom Pearson 1st 41.05m |
| U20W 200m Gemma Broomfield 1st 28.29s | U15G Long Jump Leah Smith 3rd 4.20m Tabitha Woolhouse 4th 4.08m |
| U17M 1500m George Burnett 2nd 4:09.19 Joseph Pollard 5th 4:28.16 | U20M High Jump James Taylor 1st 1.90m |
| | Senior Men Discus Tom Pearson 2nd 35.58m Christopher Mee 3rd 32.87m |
| | U13B Discus Luca Michalowski 1st 12.58m |
| | U13B Long Jump Tom Blewitt-Jenkins 1st 4.02m Luca Michalowski 3rd 3.80m |

Sundays Results - Competed in 23 events with 27 medals
www.ira.org.uk/media/24217/2015_sunday_results_verified.pdf

| | |
|--|---|
| Senior Men 10,000m James Douglas 3rd 15:47.45 Tom Lupton 5th 15:49.55 Mark Couldwell 6th 16:10.63 | U17W 1500m Amy Hammersley 3rd 5:09.76 |
| | U15B 200m Thomas Dayman 1st 24.78s |
| U13B 800m Thomas Pollard 2nd 2:31.82 Jamie Day 4th 2:36.96 | U13B 200m Tom Blewitt-Jenkins 4th 29.04s Luca Michalowski 5th 32.32s |
| U15B 800m Oliver Rouse 1st 2:08.50 George Shephard 4th 2:17.81 Jack Douglas 6th 2:23.46 | U17M 200m Tre Thomas 1st 23.84s |
| U17M 800m Thomas Gostelow 1st 1:59.06 George Burnett 2nd 1:59.61 Joe Pollard 3rd 2:03.72 Finn Lydon 7th 2:13.18 | U15G 300m Millie Shaw 1st 43.73s Jasmine Stevens 2nd 44.64s |
| U15G 100m Victoria Johnson 1st 12.90s Emily Gostelow 4th 13.56s Lydia Bonshor 7th 13.92s | U17W 300m Harriet Cooper 1st 41.76s (New Record) Jazzmin Kiffin 2nd 42.09s |
| U17W 100m Harriet Cooper 1st 12.61s | U20W 400m Gemma Broomfield 2nd 1:03.78 |
| U17W 1500m Steeplechase Aimee Seager 1st 5:51.4 (New record) Amber Stevens 2nd 6:03.0 | U15G High Jump Leah Smith 1st 1.48m |
| U13G 1500m Lexie McLoughlin 7th 5:23.72 Olivia Bonshor 8th 5:25.70 | U13B Javelin Sam Parrott 1st 31.02m (New Record) |
| U15G 1500m Laura Aryeety 1st 4:48.48 Hannah Seager 3rd 4:53.19 Mia Atkinson 4th 5:01.02 | U13B High Jump Luca Michalowski 2nd 1.25m |
| | U17M Javelin Ivan Tapper 1st 56.49 (New Record) |
| | U15G Triple Jump Leah Smith 1st 9.38m |
| | U17W Javelin Amy Shaw 1st 32.36m |
| | U15G Javelin Millie Shaw 1st 25.58m (New Record) |

Charnwood's under 13/15 young athletes collected a host of medals. At under 13 level Tom Pollard won a gold medal in the 1500m as did Jasmine Greenaway in the 200m with further gold medals secured by Luca Michalowski in the discus, Tom Blewitt-Jenkins in the long jump and Sam Parrott, with a new Championship record, in the javelin.

For the under 15 boys Tom Dayman won both the 100m and 200m events, Solomon Unwin claimed gold in the 300m and long jump, as did Ben Higgins in the 80m hurdles and Ollie Rouse in the 1500m.

The under15 girls enjoyed great success with Victoria Johnson and Mille Shaw finishing in 1st and 2nd place in both the 80m hurdles and the 200m and Victoria claimed a hat trick with a gold medal in the 100m. Millie then won gold in the 300m, as Jasmine Stevens secured silver, before Millie followed up with more gold in the javelin with a Championship record throw.

Jasmine Routledge also set a Championship record in the hammer throw as she won gold and Leah Smith then collected two gold medals in the high jump and triple jump, while the 1500m was a thrilling race won by Laura Aryeety. There were several other athletes who won silver or bronze medals and many more set personal bests making the Championships a great success for Charnwood.

LOUGHBOROUGH INTERNATIONAL ATHLETICS

On the 17th May some of our youngest members took part in the 25th anniversary schools' relay as part of the Loughborough International Athletics match, representing Charnwood AC. They performed brilliantly and enjoyed sharing the big occasion with some of GB's top athletes, supported by a large crowd.

It was also great to see Tom Gostelow (U17 and not so long ago from Derrick's group) running in the Guest 800m race, having recently achieved a brilliant sub-2 minute time.



LEICESTERSHIRE QUADKIDS 2015

The opening Quadkids competition for year 3/4 and 5/6 athletes was held at Saffron Lane Stadium on 8th May with 222 athletes from nine different clubs participating, and the leading four performers from each club scored points for both their own group and the overall team.

The boys of year 3/4 excelled as Oliver Hawkins and Ellis Cameron came first and second respectively with only one other athlete joining them in scoring over 200 points. Joel Evans and Charlie White were both placed in the top twenty to see the boys finish as the winners.

Year 3/4 girls finished in 3rd place with Georgia Sorby the runner up, winning three of the four disciplines, and Jessica Farrar also securing a top ten finish.

The boys of year 5/6 came 2nd overall, with Miles Bolger the outright winner followed by Joe Holmes in 12th place, as the girls secured 1st place by a winning margin of nearly 40 points.

Neve Evans and Lexie McLoughlin came 3rd and 5th respectively with both girls scoring over 200 points, and Milly Travers and Ellie Sorby, 7th and 9th gave us four girls in the top ten.

The result was that Charnwood were the overall competition winners taking a lead of almost 300 points into the second fixture on 5th June so congratulations to all the athletes who took part and represented the Club so well.

OPEN MEETING INFORMATION

Please see the Charnwood website or information in the clubhouse for details of forthcoming open meetings and previous results:

www.charnwoodac.co.uk

The next meeting is on Wednesday 17th June at Loughborough.

TRACK CLOSURES – DATES FOR YOUR DIARY

The track will be closed on Wednesday 10th June. Our training evenings will be on the Thursdays. Please see your coach nearer the time for confirmation of days and times of training.

Youth Development League Under 13/Under 15

Saturday 2nd May saw the first YDL (lower age group) meeting for our U13 & U15 athletes with Charnwood in a restructured Midland league and competing with 5 other teams: Rugby & Northants, Birchfield, Wolverhampton & Bilston, City of Stoke and the first hosts Milton Keynes.

We prayed for decent weather and whilst it was a little chilly at times, it thankfully didn't rain on us. Base camp was set up close to the 100m start and the supporting adults were pretty vocal for our athletes. We created a great atmosphere which was appreciated by both managers and the competing athletes and we even "Tweeted" our progress and news throughout the day. (cheers "runnersmum")

Charnwood girls began the competition with Dalila Watson finishing 3rd in her first ever 70 metre hurdle event and Jasmine Routledge grabbing 2nd place in the hammer throw. This was followed by Victoria Johnson and Millie Shaw scoring 14 points from the 75 metres hurdles, as did Mollie Swann and Jasmine Greenaway in the 150 metres.

In the under 15 800 metres Laura Aryeety and Jasmine Stevens each finished 2nd in the A and B races respectively while Mollie Swann gained maximum points in the long jump competition.

Mollie completed a hat trick of victories by finishing 1st in the 75 metres, with Dalila Watson 2nd as Millie Shaw and Leah Smith gained 2nd and 3rd places in the javelin throw.

With the points difference between Birchfield and Charnwood in 2nd and 3rd positions being very close towards the end of the match Hannah Seager and Mia Atkinson secured a valuable maximum point haul in the 1500 metres.

The relays were now vital and the under 13 4 x 100 metre team responded by finishing in 2nd place. A young and inexperienced under 15 4 x 100 metres team excelled by coming 3rd and the under 15 4 x 300 metre girls secured 4th position.

The sprinters opened the scoring for the boys with the hurdles, 100, 200m & 300m. Fergus McAuliffe & Jody Smith got good points along with Solly Unwin, Thomas Dayman, Ben Higgins & Cameron Darkin Price for the U15s and for the U13s Seamus Hurst, Tom Blewitt-Jenkins, & Jolyon Leavesley.

The boys' strength in the middle distances shone through and we mopped up maximum points with Ben Rouse & Ethan O'Shea both winning the U15 800m A & B races, soon to be followed by Ollie Rouse & Jack Douglas winning the A & B 1500m races. Our U13 1500m added to the points haul as they also won their A & B races with Jolyon Leavesley & Alex Coleston Shields.

Out on the field, our javelin throwers had a fabulous day with Dominic Sturmeay winning the B U15 event, Tom Pollard winning the B U13 event and Sam Parrot threw a very impressive 31m to win U13 A by a clear 10m.

The boys had unexpected success at the hammer too. Adam Bowley (our clubman of the year) won the B event and Caius Parker Phelps threw 24m after just half an hour training the previous Wednesday to come second in the A event.

Not to be out done, our jumpers wanted to be part of the success with the U13 long jumpers winning the B event with Luca Michalowski & Tom Blewitt-Jenkins coming 2nd in the A event. The high jumpers also got in on the points act with Tom Pollard winning the B event and Caius Parker Phelps coming second in the A event.

Then we were down to the relays. Our two 4X100 relay teams both came third and our 4x300 relay team won very comfortably a good 10 seconds (80 metres) ahead. It was a fantastic event to finish on.

Along with Birchfield and Milton Keynes, Charnwood bobbled around 2nd, 3rd and 4th all day, but ended in a creditable and awesome second place overall.

To finish in overall second position exceeded all our expectations and every single athlete made a valuable contribution, with many athletes doing so in events at which they were not familiar just to help out the team and they should all feel justifiably proud of their achievements.

The next event took place on the 30th May at Birchfield (Alexander Stadium) with a report to follow.

Leicestershire Road Running Summer League 2015

| | |
|---------------|------------------------|
| 7th June | Birstall Swithland 10k |
| 21st June | Barrow 10k |
| 1st July | Wreake Hungarton |
| 5th August | Huncote Joy Cann 5 |
| 23rd August | Hermitage 10k |
| 6th September | John Fraser 10m |

| Virgin London Marathon | | | | | | |
|-----------------------------------|--------------|----------------|-----------------|------------|---------|---------|
| 26th April 2015 | | | | | | |
| Place overall | Place gender | Place category | Name | Category | HALF | FINISH |
| 702 | 680 | 435 | Tim Doran | M18-39 | 1.26.01 | 2.49.04 |
| 1578 | 1514 | 869 | Adam Lockton | M18-39 | 1.27.53 | 2.58.23 |
| 2238 | 129 | 95 | Katie Lomas | F18-39 | 1.29.47 | 3.03.41 |
| 2692 | 196 | 140 | Joanne Spencer | F18-39 | 1.32.14 | 3.07.51 |
| 3202 | 2943 | 220 | Robert Jalland | M50-54 | 1.35.10 | 3.12.01 |
| 5459 | 706 | 14 | Madeleine Lomas | F55-59 | 1.38.33 | 3.26.36 |
| 14433 | 3266 | 1847 | Aimee Smith | F18-39 | 2.00.11 | 4.01.32 |
| 34286 | 21958 | 11395 | Aaron Bird | M18-39 | 2.20.09 | 5.44.26 |
| Belvoir Hose Half Marathon | | | | | | |
| 12th April 2015 | | | | | | |
| | TIME | | | | | |
| Position | Gun | Chip | Category | First Name | Surname | |
| 47 | 1.29.15 | 1.29.10 | M50 | Robert | Jalland | |
| 71 | 1.32.24 | 1.32.20 | M50 | John | Rees | |
| 74 | 1.32.40 | 1.32.36 | M60 | Peter | Mensley | |
| 120 | 1.36.49 | 1.36.41 | F40 | Joanne | Spencer | |
| 124 | 1.37.04 | 1.36.56 | M60 | Paul | Leaney | |
| 139 | 1.38.18 | 1.38.18 | SM | Chris | Mears | |
| 175 | 1.42.05 | 1.41.48 | SM | Phillip | Leaney | |
| 277 | 1.52.33 | 1.52.18 | F40 | Erika | Jalland | |
| 307 | 1.55.32 | 1.55.14 | SF | Aimee | Smith | |

| BUPA London 10k – 25th May 2015 | | | | | |
|---|----------|-----------------|------------------|----------|-------------|
| Place | Place AG | Place in gender | Name | 5k Time | Finish Time |
| 54 | 52 | 54 | Harry Lupton | 00:15:48 | 00:32:20 |
| 173 | 12 | 14 | Emily Whitmore | 00:17:21 | 00:34:58 |
| 375 | 40 | 46 | Leila Armoush | 00:18:33 | 00:37:47 |
| 432 | 53 | 61 | Amber Lester | 00:19:14 | 00:38:33 |
| 511 | 70 | 82 | Katie Lomas | 00:19:00 | 00:39:12 |
| 522 | 71 | 84 | Victoria Baddick | 00:19:10 | 00:39:16 |

Leicestershire Road Running League

West End 8 - 17th May 2015

| TIME | | POSITION | | | | | Winter League Category | FIRST NAME | SURNAME |
|-------|--------|------------|-----|-----|-----|----|------------------------|------------|-----------|
| GUN | (CHIP) | OVERALL | M | F | MV | FV | | | |
| 45:53 | 45:52 | 6 | 6 | | 2 | | V50-54 | MICHAEL | KINGSBURY |
| 46:20 | 46:18 | 11 | 11 | | | | Senior | ED | TOONE |
| 48:35 | 48:33 | 27 | 27 | | | | U20 | JOSH | SMITH |
| 48:42 | 48:40 | 30 | 30 | | | | Senior | WILL | GOODBOURN |
| 48:47 | 48:46 | 33 | 33 | | 12 | | V45-49 | ROSS | MARTIN |
| 49:48 | 49:41 | 48 | 48 | | | | Senior | TOM | LUPTON |
| 51:03 | 51:02 | 67 | 67 | | 22 | | V40-44 | MARTIN | MAKIN |
| 52:58 | 52:51 | 85 | | 1 | | | Senior | KATIE | LOMAS |
| 53:25 | 53:02 | 96 | | 3 | | | Senior | NATALIE | WETTLER |
| 53:28 | 53:19 | 97 | 94 | | 41 | | V50-54 | JOHN | REES |
| 56:30 | 56:21 | 142 | | 10 | | 3 | V45-49 | MICHELLE | KRUGER |
| 57:06 | 56:59 | 153 | 141 | | | | Senior | THOMAS | PLATTS |
| 57:13 | 57:05 | 155 | | 13 | | | Senior | JOANNE | SPENCER |
| 57:33 | 57:26 | 161 | 146 | | | | Senior | JAKE | SMITH |
| 58:07 | 57:30 | 177 | 160 | | | | Senior | PHILIP | LEANEY |
| 58:35 | 58:31 | 185 | 167 | | 85 | | V60-64 | PAUL | LEANEY |
| 60:01 | 59:53 | 229 | 201 | | 112 | | V55-59 | ROB | POLLARD |
| 60:29 | 60:21 | 244 | | 34 | | | Senior | KATE | CHAMPNEYS |
| 75:04 | 74:33 | 428 | | 143 | | 81 | V45-49 | LISA | REES |

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.

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

Items for the July newsletter need to be received by Monday 26th June.