



Newsletter April 2015

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THE LEICESTERSHIRE & RUTLAND DOME CHALLENGE

The annual Dome Challenge, comprising a sprint, a middle distance run, a standing jump and a throw, took place at Market Harborough on Sunday 15th March and our athletes again turned out in force.

Caitlin White emphatically won the year 3 girls section, being placed first in all four disciplines, while Ellis Cameron and Georgia Sorby were both placed first in the year 4 boys and girls category respectively.

Demi Locker claimed third place in the year 5 girl's event with Alex Winfield being our highest placed boy in 9th position.

In the year 6 competition Tom Carr and Joe Barwell achieved 6th and 7th for the boys and our girls took 6 of the top 9 positions with Neve Evans finishing in 2nd place.

The event was heralded a success by all those who participated and demonstrated Charnwood's strength in depth amongst our youngest athletes.



UKYDL UNDER 17/20

Once again it is the start of the UKYDL under 17 / under 20 track and field season.

UKA have changed the rules for the better.

We now have A&B runners for both male and female Under 17's and Under 20's.

However there is still only the 100 metre Guest Races so two from each gender to compete in both age groups.

Unfortunately there is still only one Under 17 athlete allowed in each of the field events, but the difference being, that for each age group, three throws and jumps will be allowed. And for those that qualify a further three throws or jumps can be taken.

The dates of each meeting are:

Saturday 18th April	Coventry
Saturday 16th May	Telford
Sunday 28th June	Solihull
Sunday 26th July	Loughborough

If you do not wish to compete for the team please inform me as soon as possible.

Colin Barnes

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Subs are now overdue!

Please renew your membership as soon as possible

Renewal forms are available at the club house and the new yellow membership cards will be issued on renewal. Athletes that don't renew will be unable to race at any level at the forthcoming events from April and will be charged the non-member rate at training sessions.

Please make sure you help our club secretary Colin Barnes by renewing promptly. Colin is a volunteer and this is a huge task so your cooperation is essential. Also to ensure you receive information and are kept informed it is important to update contact details and provide a **CLEARLY WRITTEN EMAIL ADDRESS**. Many thanks from the committee.

Leicestershire Road Running League Kibworth 6 - 8th March 2015

TIME		POSITION					Winter League Category	FIRST NAME	SURNAME
GUN	(CHIP)	OVERALL	M	F	MV	FV			
34:50	34:49	8	8		6		V45-49	MICHAEL	KINGSBURY
35:46	35:43	20	20				Senior	ED	TOONE
36:49	36:41	39	39				Senior	TOM	LUPTON
37:27	37:23	48	48				U20	WILL	GOODBOURN
38:21	38:20	61		1			Senior	AMBER	LESTER
38:33	38:31	63		2			Senior	KATIE	LOMAS
39:05	39:00	73	71		29		V45-49	JOHN	REES
39:16	39:13	74	72		30		V40-44	MARTIN	MAKIN
41:15	41:09	120	116				Senior	PHILIP	LEANEY
41:37	41:33	127	123		55		V60-64	PETER	MENSLEY
42:01	41:59	138		6			Senior	NATALIE	WETTLER
43:28	43:21	167	157		75		V40-44	NIGEL	SCOGGINS
46:14	46:06	229	198		97		V55-59	PAUL	LEANEY
52:23	52:15	378	286		161		V60-64	JAMES	MORRISON

Loughborough Half Marathon 15th March 2015

Position	Chip Time	First Name	Surname	Gun Time
6	01:20:11	Ed	Toone	01:20:06
10	01:23:07	Adam	Lockton	01:23:02
24	01:25:54	Tom	Lupton	01:25:31
35	01:27:22	Martin	Makin	01:27:16
56	01:30:52	John	Rees	01:30:23
81	01:32:53	Phil	Leaney	01:32:40
87	01:33:58	Kate	Champneys	01:33:49
88	01:33:58	Joanne	Spencer	01:33:50
120	01:36:43	Paul	Leaney	01:36:29
405	01:57:08	Aimee	Smith	01:56:16
493	02:03:59	Declan	Boothe-Brennan	02:02:56
534	02:07:38	Andrew	Pitchford	02:06:34
555	02:08:58	Lisa	Rees	02:08:04

Ashby 20 - 22nd March 2015

Position	Name	Gun Time	Chip Time	Cat	Gender Position	Category Position
59	Katie Lomas	02:14:58	02:14:56	F	2	2
122	John Rees	02:23:09	02:22:56	M50	118	11
147	Joanne Spencer	02:25:23	02:25:11	F35	11	4
221	Hollie Smith	02:33:31	02:33:09	F	22	10
231	Debbie Sorby	02:34:39	02:34:17	F35	24	10
250	Madeleine Lomas	02:36:28	02:36:15	F55	27	1
285	Mark Fox	02:39:24	02:39:01	M40	249	98
377	Linda Taylor	02:44:53	02:44:37	F45	62	14
479	Robert Jalland	02:51:33	02:50:54	M40	378	152
654	Erika Jalland	03:04:49	03:04:03	F45	183	43
994	Aaron Bird	03:48:23	03:47:43	M	596	243

TRACK CLOSURES – DATES FOR YOUR DIARY

The track will be closed on Wednesday 13th May, 27th May and 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.

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 or parent.

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

Items for the May newsletter need to be received by Monday 27th April.