



**Charnwood
Athletic Club**

Newsletter May 2015

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Charnwood Athletes Represent Great Britain 2015 IAAF World Cross Country Championships



GUIYANG - CHINA

The 2015 IAAF World Cross Country Championships took place in Guiyang, China on the 27th March. Charnwood AC had two representatives in the team, Gemma Steele in the Senior Women's race and Hannah Nuttall who made her Great Britain debut in the Junior Women's Team. The races were run at altitude which made it tough going for those not used to running at those heights and were dominated by African runners. Despite this Gemma Steele finished 18th overall and 2nd European and Hannah 45th and 3rd European in their respective races. Well done to both Hannah and Gemma.

HOME COUNTIES INTERNATIONAL

Hannah Seager (U15/Junior Girls) has made tremendous progress over the past year and was rewarded for her 3rd place finish at the English Schools Championships with selection to run for England in the Home Countries International, in Dublin. Very well done Hannah, for this selection and for finishing in 8th place, contributing to England's victory.

CHARWOOD MULTI-TERRAIN CHALLENGE – MARCH 2015

27 miles

1st male James Watkins 3hrs 40mins 43secs

15 miles

1st female Magda Locker 2hrs 25mins 01secs

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 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.

OPEN MEETING INFORMATION

Please see the Charnwood website or information in the clubhouse for details of forthcoming open meetings: www.charnwoodac.co.uk
The next meeting is on Thursday 14th May at Loughborough.

BIRCHFIELD HARRIERS OPEN MEETING

A strong contingent of Charnwood girls travelled to Alexandra Stadium on Sunday 26th April and gave a good account of themselves.

The first medal of the day was Victoria Johnson's silver in the under 15's 75 metre hurdles followed almost immediately by Neve Evans winning gold in the under 13's 800 metres with Lexie McLoughlin finishing third in her heat.

The only field medal was the gold won by Mollie Swann in the under 13's long jump competition, and she followed this up by taking gold in the 75 metres, with Dalila Watson also winning her heat.

Mollie completed an excellent day by securing a third gold medal in the 150 metres, running under 20 seconds for the first time.

There were several other promising performances from the girls which bodes well for the forthcoming opening Youth Development League fixture.



Mollie Swann and Neve Evans on the Podium

SENIOR TEAM LEAGUE MATCHES

The 2015 outdoor athletics season is about to get underway meaning we each have the opportunity to travel to venues all over the Midlands and represent our club. The venues this year are as follows:

- **Telford – Saturday 25th April**
- **Tipton – Saturday 6th June**
- **Tamworth – Saturday 4th July**
- **Coventry – Sunday 9th August**

Please do save these dates in your diaries as we need as many people race fit for these events. We are currently in Division 3 out of a possible 6. This is simply because in the past 2 years of demotion, our team has consisted of 20-30 people when other clubs have a much stronger contingent. We have some amazing athletes at this club but we are only as good as the team we put out on the day which is why I'm giving these dates now so you can plan ahead and make sure you're the best you can be on those days.

There are spaces for all events and they all need filling so please can you email me with what event you wish to compete in along with your PB's. Also, don't be put off by an event you've never done before. If you've always wanted to have a go at an event, let me know and I'll try and arrange it. 1 point in an event is better than none, every point counts.

Perhaps the most important point I'd like to make is that your memberships need to be renewed as soon as possible. I know a lot of you have, which is wonderful, but a few are still yet to do so. It is imperative you do this before any kind of competition because if not, you will not be registered with UKA/British Athletics and therefore ineligible to compete.

If you have any questions or queries about anything at all, please do not hesitate to contact me or have a word at the track.

Steve.Watson53@outlook.com

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.

Leicestershire Road Running League 2015

WINTER LEAGUE

17th May

West End

SUMMER LEAGUE

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

CELEBRATIONS TO MARK 40 YEARS OF CHARNWOOD AC

PLEASE JOIN US ON THE 20th JUNE AT THE TRACK

Charnwood A C will be 40 years old on June 19th so to celebrate this special occasion we will be holding a family afternoon with games on the track, a sport quiz for the not so energetic followed by a BBQ. This will take place on **Saturday June 20th** from 3.30 - 4pm and the BBQ will be at 5pm. Tickets will be available from the middle of May from the clubhouse at the cost of £3 per person. This includes your food so everyone requires a ticket no matter what age.

Look out for the posters, we hope to see as many of you there to enjoy this special occasion come along and support your club.

Midland Road Relays - Sutton Park - 28th March 2015

| Ladies 6 Stage | | |
|-----------------------------------|-----------|-------|
| Charnwood A Team - 2nd - 1.52.26 | | |
| Jane | Potter | 17.10 |
| Emily | Whitmore | 17.38 |
| Amber | Lester | 20.00 |
| Natalie | Wettler | 20.03 |
| Clare | McKitrick | 19.52 |
| Juliet | Potter | 17.43 |
| Charnwood B Team - 19th - 2.09.35 | | |
| Elsie | Butler | 20.13 |
| Vicky | Baddick | 20.21 |
| Debbie | Sorby | 21.56 |
| Hollie | Smith | 21.13 |
| Joanne | Spencer | 20.21 |
| Ainslea | Cross | 25.31 |

| Men's 12 Stage | | |
|---|-----------|-------|
| Charnwood AC - 17 th - 4.34.33 | | |
| Howard | Thompson | 29.33 |
| Stephen | Mears | 16.09 |
| Mark | Couldwell | 30.11 |
| Nigel | Scoggins | 21.06 |
| Peter | Swaine | 32.42 |
| Martin | Makin | 19.21 |
| Derek | Guess | 33.56 |
| Brian | Madden | 19.49 |
| Tom | Lupton | 17.32 |
| John | Rees | 19.29 |
| Harry | Lupton | 15.54 |
| James | Watkins | 18.51 |

Leicestershire Road Running League - Desford 6 - 29th March 2015

| TIME | | POSITION | | | | | Winter League Category | FIRST NAME | SURNAME |
|-------|--------|----------|-----|-----|-----|----|------------------------|------------|------------|
| GUN | (CHIP) | OVERALL | M | F | MV | FV | | | |
| 34:10 | 34:07 | 9 | 9 | | | | Senior | TOM | LUPTON |
| 34:29 | 34:28 | 12 | 12 | | 4 | | V45-49 | MICHAEL | KINGSBURY |
| 35:15 | 35:13 | 18 | 18 | | | | Senior | ED | TOONE |
| 35:56 | 35:54 | 27 | 27 | | 9 | | V45-49 | ROSS | MARTIN |
| 36:28 | 36:25 | 38 | 38 | | | | U20 | WILL | GOODBOURN |
| 37:51 | 37:48 | 58 | 58 | | 20 | | V40-44 | MARTIN | MAKIN |
| 37:56 | 37:54 | 60 | | 1 | | | Senior | AMBER | LESTER |
| 38:08 | 38:06 | 62 | | 2 | | | Senior | KATIE | LOMAS |
| 38:21 | 38:15 | 66 | 64 | | | | U20 | JOSH | SMITH |
| 39:18 | 39:10 | 80 | 78 | | 27 | | V45-49 | JOHN | REES |
| 41:13 | 41:09 | 130 | 121 | | 51 | | V60-64 | PETER | MENSLEY |
| 44:55 | 44:49 | 216 | | 22 | | | U20 | SASKIA | SHARPE |
| 46:27 | 46:08 | 256 | | 41 | | 18 | V40-44 | LIZ | HEWITT |
| 47:29 | 47:22 | 274 | | 48 | | | Senior | JOANNE | SPENCER |
| 52:20 | 52:02 | 375 | 277 | | 157 | | V60-64 | JAMES | MORRISON |
| 53:18 | 52:59 | 399 | | 113 | | | Senior | SARAH | BROOKSBANK |
| 57:13 | 56:44 | 453 | | 151 | | 83 | V45-49 | LISA | REES |

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 June newsletter need to be received by Monday 25th May.