



**Charnwood
Athletic Club**

Newsletter

December 2016

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Charnwood Youngster Features in Athletics Weekly

After an extremely successful season, Charnwood U17 Tre Thomas has made it onto the pages of Athletics Weekly, featuring in the November 16th edition. For those that missed the article, details can be found online at <http://www.athleticsweekly.com/featured/a-tre-mendous-year-for-thomas-53587>



Cross Country Success

Charnwood AC Senior Women and U17 Men teams both finished an excellent 2nd at the National Cross Country Relays at Berry Hill, Mansfield on November 5th. The successful teams are pictured below:



SENIOR WOMEN:

Juliet Potter

Gemma Hillier-Moses

Jane Potter



U17 MEN:

Ollie Rouse

Thomas Gostelow

Joseph Pollard

British Masters Athletic Federation Annual XC Relays

19th November, Long Eaton

On the 19th November it was the British Masters Athletic Federation annual XC Relays. These were held for the 2nd year at Long Eaton, and teams came from all over to compete for the National title. Last year the men fielded an incomplete v35, and 1 v45 team who narrowly missed out on a bronze medal. This year we fielded to v35 teams, and with a last minute omission Martin stepped up to the A team, while James Watkins came and ran for the B team

It was Mark Couldwell who led Charnwood out in the 1sr leg of the 3k course, just missing out on breaking 10 minutes by a second. Gary Burnett moved them up from 9th to 5th with a time of 10.08, while Martin Makin with 10.16 took another place. Pete Swaine with a sub 10 minute 9.56, came back in 3rd position, handing over to Mick. 3seconds separated 2nd and 4th on the final leg. Mick Kingsbury put in a strong run 10.50, only to miss out by 10 seconds and bring home the team in 4th. A total time of 51.11, was only a 1 minute behind winners Salford, 20 seconds behind Leicester2nd, with Rotherham 3rd 50.59.

For the B team, Adam Lockton took the 1st leg and brought them home in 18th position in 11.08, Derek Guess moved up to 17th, 11.18, while Dave Locker the fastest of the five, with 10.45 placed 16th. Alistair Parkin in his first competitive event in a while ran well for 11.16, with last minute stand in James Watkins ran 11.17 to bring the team home in 15th.

Under 11 Sports Hall

8th October, Hermitage Leisure Centre

The first under 11 Sports Hall fixture, staged on 8th October at the Hermitage Leisure Centre, proved to be a real cliff-hanger between old rivals Charnwood and Ivanhoe Robins with Charnwood prevailing to take a 16.5 point lead into the second match.

The girl's competition was especially close with Robins ending up just half a point ahead. There were five relay events and our girls excelled by winning three and coming runners-up in the other two.

Lauren Cherry and Khara Bowley-Williams came first in the A and B speed bounce, as did Emma Abel and Georgia Sorby in the standing long jump. Emma Abel recorded the highest vertical jump while Caitlin White was a clear winner in the target throw event.

The boys won more comfortably, also winning three of the five relay races and coming runner-up in a fourth.

Ellis Cameron and Harry Carrott made a winning clean sweep of the vertical jump and although we had no other individual winner in the field events, the whole team performed so well in all of the other field events, recording a string of runner-up and third places, that they finished 17 points clear of Robins.

County Sports Hall Athletics

Round 2 of the County Sports Hall fixtures took place on 19th November and in a superb display of athletics Charnwood won all six categories (under 11, 13 & 15 boys and girls).

Both the under 15 girls and boys scored top points in all but one of their 18 events, the only exception being the boys shot put and even in that event Jake Sisson, our only entrant, was the individual winner, and each team take a 65.5 point lead into the final fixture.

At under 13 level the girls won by 9.5 points with the boys just edging clear by 3.5 points and they take a respective 39.5 and 14 point lead forward.

Following their close victory by 0.5 points in the first match, the under 11 girls managed to stretch their lead by a further 2 points, while the boys won by a clear lead of 17 points to increase their lead to 40 points.

Such was the manner of Charnwood's performance that it would be wrong to single out individuals as every team member made a valuable contribution to the cause and it says much for the talent of our young athletes that we dominated a County competition so comprehensively.

The County Champions of each age group are decided by combining the total of both the boys and girls and with one match remaining, on 3rd December at Enderby Leisure Centre, the under 15s lead by an almost unassailable 147 points, the under 13s by 53 points with the under 11s 42 points ahead.



CHARNWOOD AC UNDER 15 GIRLS



CHARNWOOD AC UNDER 15 BOYS

Liverpool Cross Challenge inc European XC Trials

Gemma Steel won the Senior Women's race for the 4th time in a row to secure her place on the GB team for the same European event. Juliet Potter was 23rd.

Joseph Pollard won the U17M race with Thomas Gostelow 11th and Archie Banks 30th. I didn't see the race so can't really describe it but I understand he had a great finish to take the top spot. And I've seen pictures with Joe and Thomas in the leading pack after the first lap.

Hannah Nuttall came third in the U20W race and with that great position, qualified to represent GB in the European Cross Country Championships in Chia, Italy in two weeks' time. Laura Mullin came a creditable 20th in her first year in that age group.

Luke Nuttall was 29th in the U15B race.

George Burnett placed 91st in the U20M race, again his first year in that age group.

Howard Thompson was 117th and Gary Burnett 193rd in the Senior Men's race.

London Marathon Places

Last year Charnwood received two club places for the London Marathon. If you are interested in being considered for a 2017 place can you please email me by Monday 12th December.

In the event that more people are interested than places available priority will be given as in previous years to athletes who fulfil all or the majority of the following criteria:

- Are first claim paid up Charnwood Members
- Were members in April 2016
- Were not eligible for a good for age place
- Entered the London Marathon ballot
- Have not received a club place in the last three years

In your email to me can you please let me know which of the above criteria you fulfil. Peter Mensley
p.mensley@btinternet.com

North Mids XC Series – Fixture 3

3rd December, Shipley Park, Heanor

The seniors were out in force, with 11 men and 4 ladies running. The course was run over multiple laps of varying terrain of trail, grass and mud.

First off were the ladies over a 6k course, and it was Lucy Coldwell who was first back for Charnwood and also taking the victory in a time of 26.27. Next was Elsie Butler, 7th 28.07, Katie Lomas, 10th 28.39 with Hollie Smith 13th 29.25. On the day the team were 1st, and leaves them 3rd overall in the 4 race series. It also looks like it will be down to the last race to see who takes the Senior title, with both Elsie and Katie spectate do by 2 points.

In the men's race, the seniors have struggled to put out a team, while the vets team have won the past two events, and again with Mark, Gary and Martin, were able to win again at Heanor. Meaning only a no show, or incomplete team at Wollaton would see them lose the Vets Team title.

It was Mark Couldwell who led from the front and brought Charnwood home in an excellent 12th place, and 34.04. Pete Swaine, 20th 35.06, Gary Burnett 28th 35.23, Martin Lewis 31st 35.43, Euan Wilson 37th, 36.15. Martin Makin continues his battle back to good form in 50th, 37.03, while making his first appearance in this series Muck Kingsbury was the first v50 back in 56th, 37.23. Also putting in strong performances were James Watkins 86th, 38.55, Jevin Lomas 160th, 43.09, Nigel Scoggins 217th, 47.43 and Mick White 235th 50.25.

Individually Mark Couldwell is currently lying in 2nd place in the v40 cat, with Gary Burnett 1st in the v45 cat.

So a strong showing at Wollaton park on the 14th January, should see Charnwood coming away with some silverware.

Thanks to Stephen Lee for the photos on the following page ☺

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

