



**Charnwood  
Athletic Club**

# Newsletter February 2015

**Club Mobile: 07596 871553  
Website: [www.charnwoodac.co.uk](http://www.charnwoodac.co.uk)**

## MIDLANDS CROSS COUNTRY CHAMPIONSHIPS

WOLLATON PARK - 24<sup>TH</sup> JANUARY 2015



**Well done to the U17  
Women Midland Gold  
Medallists, U15 Girls Bronze  
Medallists and U15 Boys  
Gold Medallists (all pictured)  
and the U13 Boys Gold  
Medallists and the U13 Girls  
Silver Medallists.**



# MIDLANDS CHAMPIONSHIPS – 24<sup>th</sup> JANUARY 2015

## CHARNWOOD AC YOUNG ATHLETES

I think we can call that a very successful day!

The commentator announced to the crowds more than once yesterday... 'Charnwood seem to be dominating the age-group races...they have a *fantastic* entry...here comes *another* one!' I agree, it was a fantastic team effort, both in terms of the number prepared to turn out and give their all, and in terms of remarkable overall achievement. Out of dozens of Midland clubs, covering a region which stretches from Mansfield to Bristol and West, our six age-group teams placed 6<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup> and three in 1<sup>st</sup>. **Well done everybody!**

Very special congratulations go to:

### **LAURA ARYEETEEY – U13G MIDLAND CHAMPION**

**Joe Pollard – U15B Midland Silver Medallist**

**Jess Rattray – U15G Midland Silver Medallist**

**Lucy Jones – U17W Midland Silver Medallist**

**U13B (Ethan, George, Luke, Alex) – Midland Gold Medallists** – with special mention for Alex, who has another two years in the age group.

**U15B (Joe, Archie, Tom, Ollie) – Midland Gold Medallists** – all 4 in top ten places. This is the first time that Charnwood has ever won this award (competing since 1975).

**U17W (Lucy, Alice, Hannah) – Midland Gold Medallists**

**U13G (Laura, Mia, Anastasia, Alexandra) – Midland Silver Medallists**

**U15G (Jess, Hannah, Amy, Amber) – Midland Bronze Medallists**

### RESULTS

#### **U13G 2<sup>nd</sup>**

1 Laura Aryeetey, 4 Mia Atkinson, 23 Anastasia Stock-Clarke, 24 Alexandra Here, 75 Jasmine Greenaway, 87 Francesca Cole, 105 Faith Cavill, 115 Mya Bromwich

#### **U13B 1<sup>st</sup>**

4 Ethan O'Shea, 7 George Shephard, 12 Luke Nuttall, 23 Alex Coleston-Shields, 43 Jolyon Leavesley, 56 Thomas Pollard, 87 Seamus Hurst, 102 Tom Rattray, 118 Gabriel Hurst

#### **U15G 3<sup>rd</sup>**

2 Jess Rattray, 5 Hannah Seager, 33 Amy Hammersley, 65 Amber Stevens, 70 Paige Stevenson, 88 Katie West, 93 Jasmine Stevens, 103 Eleanor Here

#### **U15B 1<sup>st</sup>**

2 Joe Pollard, 4 Archie Banks, 7 Tom Gostelow, 9 Ollie Rouse, 19 Ben Rouse, 37 Finn Lydon, 41 Jack Douglas, 50 Euan Bell, 51 Ethan Hulley, 69 Adam Bowley

#### **U17W 1<sup>st</sup>**

2 Lucy Jones, 6 Alice Daniel, 15 Hannah Cox, 20 Aimee Seager, 43 Gabrielle McNeelance, 51 Saskia Sharpe, 58 Megan Holland

#### **U17M 6<sup>th</sup>**

33 Sam Gartside, 40 Josh Gilbert-Weavers, 49 Zach Meakin, 52 Josh Smith, 60 Jacob Booth

Well done also to Emily Hollis (17<sup>th</sup>) and Mariam Getachew (24<sup>th</sup>) in the U20W. We should also extend our congratulations to the Charnwood senior teams – the women, led by Midland Champion, Jane Potter, were silver medallists and the men were 4<sup>th</sup>.

Inevitably there were some personal disappointments; it can take a long time to recover from illness and sometimes 'performance dips' in the teenage years can go on for longer than we'd hope but, if there weren't a few low points along the way, you wouldn't appreciate the highs when they come along. Effort is never wasted and I hope it gives you some personal satisfaction. When I used to run for the Charnwood senior women in the 1980s in all these same events, I used to ponder the question, 'If someone had offered a million pounds to run the race a second faster, could you have done it?' I think a few of you could have answered 'No' yesterday – especially Tom Gostelow, who gets my overall 'effort award'!

If, on the other hand, you had your dream race – ENJOY THE MOMENT!!

We now have a month until the National. This is time to consolidate the training - listen to your coaches, don't overdo things, try to keep your distance from those with coughs and sneezes and wear appropriate clothing for the weather – at school as well as for training! (On the last point, I always say, if you won't do it for your mum, do it for the team!)

We have booked a 72-seater coach for the National and have around 55 requests for seats so far, so please let me know if any more are wanted.

Thanks again to everyone who contributed to on-the-day team management and organisation yesterday (especially tent!). Sorry I didn't manage to speak to everybody afterwards but, for once, I did see all of you race.

Keep up the good work,

Madeleine

## ***Membership Renewals***

**Subs will become due for the next year on 1<sup>st</sup> March 2015.**

Please look out for forms in the clubhouse in the next few weeks and details and paperwork are on the website. You have to be a paid up member of the club to be able to compete during the summer so if you wish to be considered for the teams this year, please renew as soon as possible so that the lists the team managers receive will have your name on it! The club pays your affiliation fee (including insurance) to UK athletics from the subs you pay to the club.

Please make this process easier by writing clearly on the forms; particularly your email address so we can keep you informed.

# COUNTY CHAMPIONSHIPS – 3<sup>rd</sup> JANUARY 2015

## CHARNWOOD AC YOUNG ATHLETES

The courses at Foxlands Farm were very flat and very, very wet - not to everyone's liking but, nevertheless, everyone ran well and finished their courses, and some excelled and won medals. Special congratulations go to Lucy, Mia and Joe who became County Champions, George S and Tom G for their silvers and Laura, Luke and Ollie for bronze. Team-wise, stars of the day were the U15 boys who filled the first 6 places in their race (8 finishers in first 12).

### RESULTS:

**U13G 2nd** (equal on points with Wreake who completed their team with 6th place for the gold)

1 Mia Atkinson, 3 Laura Aryeetey, 11 Alexandra Here, 20 Jasmine Greenaway, 22 Olivia Payne, 32 Mya Bromwich

### **U15G 3rd**

2 Hannah Seager, 7 Amber Stevens, 13 Paige Stevenson, 14 Jasmine Stevens, 15 Katie West, 16 Eleanor Here

### **U17W 1st**

1 Lucy Jones, 4 Aimee Seager, 6 Gabrielle McNeelance, 7 Saskia Sharpe

### **U13B 1st**

2 George Shephard, 3 Luke Nuttall, 4 Ethan O'Shea, 8 Alex Coleston-Shields

### **U15B 1st**

1 Joe Pollard, 2 Tom Gostelow, 3 Ollie Rouse, 4 Archie Banks, 5 Ben Rouse, 6 Finn Lydon, 8 Jack Douglas, 12 Adam Bowley

### **U17M**

7 Jacob Booth, 8 Zach Meakin

It was also good to see Alex, in his first race in the U13 team, chasing our superstar trio all the way, Mya finishing a tough course in her first cross country, training paying off for Amber and Paige, and, especially, to see Katie, Eleanor and Olivia hanging in there through a tough patch - you will come through it and you are still important for our teams. Well done to all of you!

## Leicestershire & Rutland AA Cross Country Championships 2015

### Men's Race - combined

Position	Time	Forename	Surname	Age Group
7	36.58	Mark	Couldwell	Master
9	37.06	Tom	Lupton	Senior
14	38.33	Gary	Burnett	Master
17	39.13	Ben	Plummer	Senior
30	41.23	Adam	Lockton	Senior
51	44.11	Martin	Makin	Senior
65	46.12	John	Rees	Master
66	46.37	Kevin	Lomas	Master
81	48.48	Peter	Mensley	Master
104	59.31	James	Morrison	Master

### Masters Team 2nd

### Women's Race - combined

Position	Time	Forename	Surname	Age Group
9	26.05	Victoria	Callaway	Senior
13	27.32	Hollie	Smith	Senior
17	28.15	Emily	Hollis	U20
36	31.44	Mariam	Getachew	U20

## DERBYSHIRE COUNTY CROSS COUNTRY CHAMPIONSHIPS

3rd January 2015

Senior Ladies Race    3rd    Leila Armoush    25 mins 36 secs

## NATIONAL CROSS COUNTRY CHAMPIONSHIPS

We will be taking a coach to the National XC at Parliament Hill on the 21<sup>st</sup> February. It will probably be leaving at 6.30am. If any senior athletes wish to reserve a place, please let me know -

[mlomas.running@outlook.com](mailto:mlomas.running@outlook.com) .



## TELFORD 10K ROAD RACE - SUNDAY 14TH DECEMBER 2014

### Ladies Race

3rd Jane Potter 34-17  
19th Leila Armoush 37-52

### Men's Race

31st Mark Couldwell 32-14

## *Leicestershire Road Running League 2015*

### WINTER LEAGUE

8th February	Markfield 10k
8th March	Kibworth
29th March	Desford
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

## NORTHERN COUNTIES INDOOR CHAMPIONSHIPS – SHEFFIELD

17<sup>TH</sup> JANUARY 2015

Senior Ladies 1500m 9<sup>th</sup> Elsie Butler 4 minutes 51.25 seconds (PB)

## SPORTSHALL 2014

The third fixture of the Leicestershire Sportshall competition took place on 22<sup>nd</sup> November at Gateway College, and our young athletes gave a display of which the club, from the President down, is immensely proud. Following on from the last fixture when all four teams came out on top, the under 13 and 15 girls won their third successive event, while both boys teams won for second time.

As a result of this both the combined under 11 and 13 teams were crowned Champions and collected a cup apiece for the Charnwood Trophy cabinet. Every member of the team performed superbly, as they have all season, and for that reason no individual is singled out for praise. Not only did Charnwood's athletes out-perform their opponents but the team spirit they displayed was second to none, as was the support of their friends and family.

Of special note is the performance of the Charnwood girls, who came to prominence last autumn as the under 11s won the Leicestershire Sportshall competition. In the spring five year 5/6 girls took the first five placing's, with two year 3/4 girls finishing first and second, in the Leicestershire Challenge, and was followed by a victory in the summer Quadkids tournament from year 5/6 girls.

To follow this up with Sportshall success from both the under 11 and 13 girls is a testament to the hard work that coach Andy Venables and his team have put in with the young athletes over the past two years and they, and their parents, are grateful to him for his selfless dedication.

Next years' target is a Sportshall treble with the under 11, 13 and 15 teams!



**CHARNWOOD UNDER 11 CHAMPIONS**

**CHARNWOOD UNDER 13 CHAMPIONS**



**North Midlands Cross Country league  
ShIPLEY Country Park  
Saturday 6th December 2014**

**Senior Men - 9.5km**

11	Mark	Couldwell	v40	Charnwood	34.13
15	Gary	Burdett	v45	Charnwood	34.33
27	Tom	Whitmore	s	Charnwood	35.32
48	Mick	Kingsbury	v45	Charnwood	37.35
61	Adam	Lockton	s	Charnwood	38.10
66	Tom	Lupton	s	Charnwood	38.33
70	Martin	Makin	v40	Charnwood	38.55
129	Kevin	Lomas	v55	Charnwood	42.46
139	Matthew	Rackstraw	v50	Charnwood	43.26
167	Peter	Mensley	v60	Charnwood	45.56

**Senior Ladies - 6km**

7	Leila	Armoush	s	Charnwood	28.27
17	Elsie	Butler	s	Charnwood	29.55
35	Madeleine	Lomas	v55	Charnwood	33.23

**U11 Mixed Races**

1	Alex	Coleston-Shields	B	Charnwood	6.21
15	Lexie	McLoughlin	G	Charnwood	7.05
18	Imogen	Here	G	Charnwood	7.19
24	Olivia	Bonshor	G	Charnwood	7.35
26	Colin	Foord	B	Charnwood	7.37

**Keyworth Turkey Trot - 14th December 2014**

Position	Gun	Chip	Name	AG	
34	1.22.44	1.22.42	Glenn North	V50	M
40	1.23.13	1.23.09	Adam Lockton	V35	M
72	1.27.28	1.27.17	Joshua Smith	U17	M
83	1.38.28	1.28.25	Katie North	SEN	W
109	1.31.21	1.31.11	Matthew Law	SEN	M
126	1.32.25	1.32.15	Jake Smith	V35	M
139	1.33.03	1.32.31	Robert I Jalland	V45	M
152	1.33.48	1.33.10	John Rees	V45	M
251	1.39.18	1.39.04	Mark Fox	V40	M
634	1.57.07	1.55.47	Heather North	V50	W



**North Midlands Cross Country league  
Wollaton Park - Saturday 10th January 2015**

**U11 Mixed Races**

1	Alex	Coleston-Shields	B	Charnwood	7.32
24	Colin	Foord	B	Charnwood	9.02
25	Maya	Gardarn	G	Charnwood	9.04
39	Amelie	McCann	G	Charnwood	9.46
53	Abigail	Cook	G	Charnwood	10.59

**Final League Team Position - 3rd**

**U13 Girls - 3km**

6	Anastasia	Stocke-Clarke		Charnwood	13.56
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**Senior Ladies - 6km**

1	Leila	Armoush	s	Charnwood	32.06
15	Hollie	Smith	s	Charnwood	33.54
43	Madeleine	Lomas	v55	Charnwood	36.46

**Final League Team Position - 3rd**

**U13 Boys - 3km**

2	Luke	Nuttall		Charnwood	13.54
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**U15 Boys - 5km**

10	Jack	Douglas		Charnwood	15.33
27	Adam	Bowley		Charnwood	17.33

**Senior Men**

3	Harry	Lupton	s	Charnwood	34.50
15	Mark	Couldwell	v40	Charnwood	37.18
35	Ben	Plummer	s	Charnwood	39.15
47	Mick	Kingsbury	v45	Charnwood	40.12
170	Peter	Mensley	v60	Charnwood	48.09
214	Kevin	Lomas	v55	Charnwood	52.29
241	Jim	Morrison	v60	Charnwood	58.36

**Final League Team Position - 2<sup>nd</sup> Vets Team**

**Final Individual League Positions**

	Leila	Armoush	1st	Senior Lady	
	Madeleine	Lomas	1st	Over 50 Vet	
	Mark	Couldwell	1st	Vet 40	

<b>MMAC CROSS COUNTRY CHAMPIONSHIPS</b>					
<b>Held at Aldersley Stadium, Wolverhampton</b>					
<b>Sunday 18/01/2015</b>					
<b>RESULTS MEN 35 – 64 8km</b>					
<b>Position</b>	<b>Time</b>	<b>Forename</b>	<b>Surname</b>	<b>Age Group</b>	<b>Age Group Position</b>
1	24.44	Mark	Couldwell	M40 Team M35-45	1st
13	27.07	Michael	Kingsbury	M45 Team M35-45	2nd
33	30.47	Martin	Makin	M40 Team M35-45	
41	32.22	Peter	Mensley	M60 Team M35-45	3rd
<b>Team M35-45 2nd</b>					

## **YOUTH DEVELOPMENT LEAGUE 2015**

(Lower Age Group-Under 13/15)

The dates for this year's fixtures are:

**Saturday 2nd May at Alexander Stadium (Birchfield)**

**Saturday 30th May at Milton Keynes**

**Sunday 21st June at Loughborough (Charnwood)**

**Saturday 18th July at Stoke**

Would athletes wishing to be considered for selection please e-mail their name, age and date of birth, along with the events at which they would like to compete, including personal best times/distances, to:

**ALL GIRLS – John Hammond – [hammondjohn@fsmail.net](mailto:hammondjohn@fsmail.net)**

**ALL BOYS – Jo Unwin – [jo.unwin@yahoo.co.uk](mailto:jo.unwin@yahoo.co.uk)**

There are often throwing and jumping events (Under 13 & 15 high jump, javelin, shot. Under 15 pole vault, hammer and discus) that is difficult to fill. Any athlete willing to compete in a field event which is not one of their favoured disciplines please can they indicate which event(s) and a note of any experience?

It would also be appreciated if athletes could state any of the meetings for which they are unavailable.

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**  
Items for the March newsletter need to be received by Monday 23<sup>rd</sup> February.









