



**Charnwood
Athletic Club**

Newsletter May 2016

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CHARNWOOD AC MID-WEEK OPENS 2016

Paula Radcliffe Athletics Track, Loughborough University, LE11 3TU

The next mid-week open is scheduled for Wednesday 18th May. Timetable below:

18:25	75m (U11)	
18:45	100m (U13+)	Discus (U15+) >30m Shot <10m Long Jump (M) <5m High Jump (F)
19:30	150m (U11)	
19:45	200m (U13+)	Discus (U15+) <30m Shot >10m Long Jump (M) >5m
20:30	300m (U15+)	Triple Jump (U15+)
20:50	1500m (U13+)	

- Electronic timing and results screen for track events
- EDM for field events
- Races run slowest to fastest
- Entry online only - £5.50 per event including transaction fee

Full details including online entry can be found at:

<http://charnwood.athletics-uk.org/>

Future meeting dates:

- Wednesday 15th June
- Wednesday 20th July
- Wednesday 10th August

LEICESTERSHIRE DOME CHALLENGE 2016

The annual Dome Challenge took place in March underneath the giant tent at Market Harborough Leisure Centre. Aimed at younger athletes, the competition comprises a sprint, middle distance run, jump and throw, Charnwood were represented by no fewer than 44 members who performed magnificently, the highlights being:

Year 3 Boys: Sam Spooner won the competition with a total of 279 points, 10 ahead of third placed Skandar Watson.

Year 4 Boys: First and second places for Harry Carrott and Charlie White with 309 and 296 points respectively.

Year 4 Girls: Dominated completely by Charnwood, with Emma Abel (299 points), Kara Bowlay-Williams (284) and Millie Parrott (278) occupying the first three places.

Year 5 Boys: Ellis Cameron secured runners-up spot with 327 points with Oliver Hawkins (311) occupying third spot.

Year 5 Girls: 304 points from Georgia Sorby was enough for her to take first place by a margin of 6 points.

Year 6 Boys: Matthew Lo secured a massive points total of 336 points, but finished as runner-up by just 6 points.

Year 6 Girls: Leading Charnwood finisher was fourth placed Charli Sanpan only 8 points off the leader.

Congratulations to all our athletes who took part and well done to Manager/Coaches Andy Venables and Neil Broomfield.

CHANGES IN TRAINING ARRANGEMENTS DURING MAY & JUNE

LOUGHBOROUGH STUDENTS HAVE ATHLETICS MEETINGS ON

WEDNESDAY 25TH MAY AND WEDNESDAY 9TH JUNE.

CHARNWOOD AC TRAINING SESSIONS WILL THEREFORE BE AS FOLLOWS

MONDAY 23RD MAY AND THURSDAY 26TH MAY

MONDAY 6TH JUNE AND THURSDAY 9TH JUNE

(Training Sessions will be at the Normal Times of 6.30pm to 8.00pm)

NATIONAL SPORTSHALL FINALS

On 16th April Leicestershire made their first ever appearance in the National Sportshall Finals when the under 13 girls, representing the East Midlands, took part alongside ten other regional winners at Sportcity, Manchester.

As County Champions, Charnwood were well represented with Olivia Bonshor, Ciara Byrne, Molly Palmer, Mollie Swann and Dalila Watson all being selected. The standard of athletics was extremely high and for their first appearance Leicestershire did well to finish in 8th position, with Molly Palmer being the only medal winner with a bronze in the standing long jump.

On the Sunday the under 15 Leicestershire girls made their National Finals debut, with Lydia Bonshor and Naomi Wilbram both selected, and did exceptionally well to achieve a final placing of 6th.



Molly Palmer, in pink, on the rostrum

FIRST YDL (LOWER AGE GROUP)

On Saturday 23rd April the first Youth Development League fixture for the under 15s took place at Birchfield Harriers, and keen to emulate the success of last season we got off to the very best possible start when Jasmine Routledge and Amy McLoughlin took a maximum of 16 points from the hammer throw, winning under 15 A & B sections, quickly followed by Rebecca Preece and Victoria Johnson winning their hurdle races at under 13 and under 15 respectively.

In the pole vault Dalila Watson won the under 15 girls competition, with Harry Culpin and Sam Parrot securing 12 points as they each came 2nd in the boys competition.

The 800 metres proved a bonanza for Charnwood as Laura Aryeety and Lily Gregory both won for the under 15 girls, a feat equalled by Neve Evans and Gemma Newport at under 13 with Ethan O'Shea winning the boys under 15 race.

Lexie McLoughlin (3rd) and Olivia Bonshor (1st) took 13 points for the under 13s at 1200 metres and at 1500 metres Alex Colston-Shields and Ben Jones both recorded victories as did Mia Atkinson and Mya Stokes for the girls.

Harry Culpin secured victory in the under 15 high jump, while Scott Moss (2nd) and Luke Talbot (1st) added 14 points to our total in the under 13 javelin competition and in a thrilling last event of the day the under 15 boys secured victory in the 4 x 300 metre relay.

Charnwood finished in a very creditable 3rd position, just 15 points behind runners-up Milton Keynes and 12 points ahead of 4th placed Birchfield, which was excellent considering the inexperience of much of the team.

As ever the support of the athletes' friends and family was exceptional and much appreciated.

LEICESTERSHIRE & RUTLAND QUADKIDS

The Leicestershire & Rutland Quadkids tournament (for years 3 to 6) has, in the two years, established itself as a major competition for young athletes. In this year's first fixture held in early May a record number of ten clubs entered an all-time high total of 235 athletes, 49 of these representing Charnwood AC., with the leading four scores counting towards the clubs total.

YEAR 3/4 BOYS:

Charlie White came runner-up, with Harry Carrot (5th), William Harrison (6th) and Sam Spooner (26th) all scoring to sit in second place overall just 8 points off the lead. Harry ran the fastest 800 metres and jumped the furthest while William threw the howler over 3 metres further than any other competitor.

YEAR 3/4 GIRLS:

Currently leading by 4 points due to Khara Bowlay-Williams (2nd), Emma Abel (4th), Millie Parrot (6th) and Sian Solanki all giving strong performances. Khara threw further, Emma jumped further and Sian sprinted quicker than all of the rest.

YEAR 5/6 BOYS:

Top twelve finishes from Matthew Lo (5th), Jamie Carrot (7th), Ellis Cameron (8th) and Christopher Halford (12th) saw the boys into first position with a lead of 9 points.

YEAR 5/6 GIRLS

Similar high grouping from the girls as Charli Sampson (5th), Jessica Farrar (8th), Georgia Sorby (10th) and Lauren Cherry (11th) pushed Charnwood into second place, with Lauren outjumping all of her rivals by some distance.

As a result of these excellent performances Charnwood sits proudly at the top of the overall table with a lead of 116 points as they defend the title that they won last year.

Congratulations to all athletes who took part and well done to Andy Venables and his team of helpers.

Should you wish to come along and support the future of Charnwood AC, the next event starts at 6.15 on Friday 10th June at Saffron Lane Stadium.

ROAD RACE ROUND UP

Charnwood had a good turnout at the Belvoir Half Marathon, Hose on Sunday. 10th April. This gave those running London a last chance to see how their form is for the big day.

First back for the men was Josh Smith in 1.28.32, 41st place, also David Locker 1.31.00, Rob Jalland 1.33.25, Jake Smith 1.36.02, Alex Lockton 1.50.49, and Paul Leaney 1.53.07.

With 4 ladies in the top ten they easily took the team prize, with Magda Locker taking the win in a time of 1.28.34, Natalie Wettler, and Kate Champneys were 5th and 6th with the same time of 1.33.29 and Jo Spencer 10th 1.34.39. Erika Jalland completed the ladies turnout with 1.51.15.

Also on April 10th running in the Manchester Marathon James Watkins dipped under the 3hr mark, 2.55.15 placing him in the top 200, and 22nd in his age group. Dilip Dattani was just outside the 3hr mark 3.02.30, a time that was good enough for 4th place v55 cat. Also in 4th place in the men's v60 cat, Pete Mensley ran a superb 3.17.41. John Rees completed in a time of 3.21.04.

April 17th, saw the annual Brighton Marathon weekend in which they hold several races over a weekend take place, including the Brighton 10k. Getting back to winning ways was Gemma Steel, completing the course in 34.10, over 2 minutes ahead of second place.

Also on April 17th, Ben Plummer was in action at the Derby 10k, and with a time of 34.38 placed 23rd.

There were three teams representing Charnwood at the Midland Masters Athletic Club open relays. The teams has a successful day, gain Gold in both the V55 and V45 categories and a 4th place in the V35 age group. Full results to follow.

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