



**Charnwood
Athletic Club**

Newsletter

April 2017

Website: www.charnwoodac.co.uk
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National Indoor Age Group Championships – Sheffield

25th /26th February

Molly Palmer became the U15 Girls National Indoor Champion in the Long Jump. She won the final with a massive leap of 5.56 metres which also places her top of the National rankings. Molly ran the fastest time in the heats for the U15 Girls 60m which was 7.86 seconds a PB in the U15 60m. In the Semi Final Molly finished third in a time 7.91 which earned her a place in the Final. Molly ran a fantastic Final to earn herself a bronze medal in a time of 7.90 seconds.

In the Men's U17 60m Jody Smith just missed out on making the Final after running 7.15 seconds in his Semi Final. Kyle Calhoun also made the Semi Finals running 7.32 seconds. Both Jody and Kyle both ran in the U17 200m. Kyle made it to the Semi Final again running a PB which was 22.92. Jody Smith ran superbly to get to the final. In the final he ran another great race and but agonisingly finished in fourth place in a time of 22.57 seconds.

In the Men's U17 400m Ben Higgins (400m Hurdles specialist) ran 50.56 seconds in the heat to advance to the final. Solomon Unwin just missed out on making the Final after finishing in a time of 52.71 seconds. In the final Ben was in the lead from start to finish and was challenged on the final bend by Ethan Brown (The Silver medallist) but Ben fended off the challenge and hung on to take Gold in a massive PB of 48.99 seconds making him the number one ranked Indoor athlete. Ben went onto to compete in the U17 60m Hurdles where he finished in sixth place in 8.41 seconds.

Victoria Johnson competed in the U17 Women's 60m Hurdles. In her first year as an U17 Victoria advanced to the final. She ran a great race in the final finishing just outside the medals in fourth place in a PB time of 8.82 seconds.

In the Women's 400m Harriet Cooper Harriet was a finalist and finished sixth in the final running 57.97 seconds. This was an excellent result for Harriet after tearing her hamstring during winter training.

Tre` Thomas and David Aryeetey were both in action in the U20 Men's 60m Hurdles. Tre` ran 7.92 seconds which was a PB in his heat to make the final. David also ran a PB which was 8.60 seconds but was not enough for him to make it through to the final. In a very tense and competitive Final Tre` ran a sublime race to snatch the Gold medal. He ran a massive PB of 7.80 seconds which leaves him top of the UK rankings.



Molly Palmer

Welsh International – National Indoor Athletics Centre, Cardiff

5th March

On Sunday 5th March 2017 the National Indoor Athletics Centre Cardiff in Wales hosted the Welsh Athletics International.

Training partners Tre` Thomas and Ben Higgins from Charnwood AC were selected to represent England at the event. Both are coached by Eli and Roger Binks. Tre` competed in the U20 Men`s 60m Hurdles sporting his well earned England vest and he did not disappoint. Tre` won in a time of 7.88 seconds which was just outside his PB of 7.80 seconds. This is 16-year-old Tre`s first year as an U20 and has had a great start to his season winning the U20 National Indoor Championship the previous week.

Ben competed in the 400m for U18 and U20 Men. This was Ben`s second appearance in an England vest after winning the Schools International 400m Hurdles last year. He ran well and finished the race in third position but finished first of the U18`s in the race. He ran 51.20 seconds which was slower than his PB of 48.99. Ben a 400m Hurdler has had great preparation during the indoor season to improve his flat speed for the outdoor hurdle events. Both have now finished top of the UK rankings (Power of 10) for their respective age groups. They now look forward to their outdoor season starting in April at Loughborough



WE NEED YOU...DO YOU HAVE A STORY TO TELL/PHOTOS TO SHARE...IF SO SEND THEM TO: cacnewsletter@hotmail.co.uk FOR INCLUSION IN THE NEXT NEWSLETTER.

CLOSING DATE FOR SUBMISSIONS 1ST MAY 2017

THANK YOU! ☺

Alan Bertram Memorial Hammer Competition – Loughborough.

9th April

The annual Alan Bertram Memorial Hammer Competition took place at Loughborough in uncharacteristically sunny weather on 9th April. Alan Bertram was a renowned hammer coach who sadly passed away in 2013. “Mr Hammer’s” greatest success came when he guided both Lorraine Shaw and Mick Jones to Commonwealth glory in Manchester in 2002. However, his legacy was felt much wider as he was renowned for encouraging youngsters to take up the ball and chain.

This year’s competition was blessed with the presence of athletes from around the UK. Additionally, Olympians past and present, including Sophie Hitchon, Lorraine Shaw and Mark Dry, were on hand to present medals to the future rising stars.

Charnwood AC athlete, Jasmine Routledge rose to the occasion, throwing a final round PB of 48.87m to come 3rd in the U17 Girls competition. Jasmine was delighted to have her medal presented by Sophie.



League Teams

The first round of league matches is approaching fast...if you are not already down to compete and would like to represent your club, please see your team manager ASAP. Dates for the diary are:

22nd April – Milton Keynes – YDL Lower Age Group (U13/U15)

30th April – Coventry – YDL Upper Age Group (U17/U20)

6th May – Daventry/Leamington – Midland Senior League (U17 upwards)

10th May – Nuneaton – Midland Veterans T& F League

Midland Veterans T& F League

RESIGNATION OF TEAM MANAGER AT THE END OF 2017 SEASON

At a recent general committee meeting I informed the committee that I would be standing down as team manager for the Vets Team after 21 years of doing the job. My resignation will take effect after the Cup Finals on September 10th. Obviously because of my resignation this means that we will need a new Team Manager for the Vets Team to carry on from the 2018 season. There are 5 matches each season and I am happy to go through the manager's procedure with anyone who would like to take the job on.

Elaine Mee (jandemee@btinternet.com)

2017 SEASON DATES AND VENUES FOR MATCHES

May 10th at Nuneaton

June 7th at Rugby

June 28th at Leamington

July 19th at Kettering

SEPTEMBER 10TH at TAMWORTH - CUP FINALS

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



CHARNWOOD AC OPENS 2017



Paula Radcliffe Athletics Track, Loughborough University, LE11 3TU

Wed 26th April

18.30	75m U11	
18.45	100m	Hammer <35m+
		Shot <10m
		Long Jump <4m
		High Jump
		Pole Vault
19.30	600m U11	
19.45	200m	Hammer <35m
		Shot 10m+
		Long Jump 4m+
20.30	3000m	
21.00	800m	

Electronic timing and results screen for track events
EDM for field events

Online entry £6 per event. Please see entry policy for further details.

Entry enquires to: entries@charnwoodacopens.co.uk

For entry and further event information, please like our event Facebook page.



www.facebook.com/charnwoodacopens



Charnwood A.C. are proud to support the Rainbows Hospice and Blesma Charities. 50p from every entry will be donated between these two charities. Additional donations can be made if desired on the online entry page.

