



**Charnwood
Athletic Club**

Newsletter August 2016

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Schools International (SIAB)

Charnwood athlete, Ben Higgins competed in the Schools International (SIAB) Intermediate Boys 400m Hurdles at Ashford in Kent on Saturday 16th July 2016. Ben was there to represent England. Ben managed to win the gold medal after beating his team mate from England who beat him the week before at the English Schools Championships. Ben won in a time of 54.53 seconds which is a new Personal Best time. This now puts Ben at number two in the national rankings for his age group.



YDL Lower Age Group – Match 4

Milton Keynes, July 16th

The fourth, and final, YDL (lower Age Group) match took place on Saturday 16th July at Milton Keynes, and with a squad depleted by holidays, we came third once again to clinch a final position of third for the season. Looking at the size of our catchment area, compared to the other clubs in our division, this is quite an achievement.

We started slowly and were actually in last place for a while, but we picked up and with ten events left were joint third with Nottingham, but pushed on to eclipse them into fourth place.

Once again our athletes gave everything in the cause, and a special mention for Zack Michalowska who took a nasty tumble in the under 13 hurdles but after a few moments to recover he continued over the last four barriers to ensure points.

To further demonstrate what an all-round team effort is required, we finished 14 points clear of Nottingham because we gained fifteen points more than them as we supplied assistance at all our required disciplines. So thanks to those parents who officiated at some of the field events, and also to our group of travelling officials who have done such a good job all summer.

Wishing all of the young athletes who took part success for the remainder of the season and an enjoyable cross-country/ Sportshall / indoor/ restful winter.

Wenlock Olympian Society Games

Olympian Success for Charnwood Athlete

U13 Charnwood athlete Luca Michalowski participated in the Wenlock Olympian Society games on 10 July 2016.

The Wenlock Olympian Games have been running in Much Wenlock, Shropshire, since 1850. They are a significant part of the modern International Olympic Games, with the first modern Olympic Games in Greece being based upon the Wenlock format.

Luca had a very successful day winning gold in long jump and 200m and a silver in 800m. He was most pleased about getting not one, but two, of the exclusive winner t-shirts.



Road Racing Roundup

South Downs Way 100 Mile Race – June 11th

(additional result)

Tricia Sidebottom 24 hours 32 minutes 38 seconds

Bourton-on-the-Water One Mile Challenge – July 16th

Female:

2nd Elsie Butler 5 minutes 11 seconds

Male:

32nd Kevin Pye 5 minutes 57 seconds

Midland Counties U13/15/17 Championships

Nuneaton, 13-14th August

100m

U17M Jody Smith (8th) 11.54

U13M Zack Michalowski (8th) 16.47

U15W Victoria Johnson (5th) 13.24

U15W Mollie Swann (4th h2) 13.54

U13W Lexie Mcloughlin (4th h2) 15.16

200m

U15W Mollie Swann (4th h3) 27.92

U17M Tre Thomas (7th) 23.44

U17M Jody Smith (4th h3) 23.66

300m

U17W Jazzmin Kiffin (2nd) 40.57

U15W Emily MacTaggart (8th) 45.45

400m

U17M Solomon Unwin (2nd h1) 52.79

800m

U17W Neve Grimes (3rd) 2.22.17

U15W Mia Atkinson (2nd) 2.19.82

U17M Fergus McAuliffe (2nd) 2.00.86

U17M Daniel Maud (3rd) 2.02.46

U15M Ethan O'Shea (2nd) 2.07.42

1500m

U17M Joseph Pollard (1st) 4.04.91

U17M Oliver Rouse (3rd) 4.10.29

U17M Jack Douglas (6th) 4.17.46

U15W Mia Atkinson (1st) 4.45.01

3000m

U15W Maya Stokes (3rd) 11.30.47

U15M George Shephard (3rd) 9.41.07

75mh

U15W Victoria Johnson (2nd) 11.58

80mh

U17W Millie Shaw (6th) 12.68

100mh

U17M Tre Thomas (1st) 12.86

U17M Ben Higgins (5th) 14.13

300mh

U17W Millie Shaw (3rd) 47.52

400mh

U17M Ben Higgins (1st) 54.21

U17M David Aryeetey (7th) 62.36

1500m s/c

U17W Hannah Seager (2nd) 5.31.19

HJ

U13M Luca Michalowski (3rd) 1.40

U13M Zack Michalowski (8th) 1.10

U15W Dalila Watson (6th) 1.45

U13W Lexie Mcloughlin (5th) 1.29

PV

U15W Dalila Watson (1st) 2.30

TJ

U17W Charlotte Jones (1st) 10.95

LJ

U13M Luca Michalowski (3rd) 4.22

U13M Zack Michalowski (8th) 3.39

U17W Kitty Joseph-Blackler (6th) 5.04

U15W Dalila Watson (8th) 4.11

U13W Lexie Mcloughlin (12th) 3.66

SP

U13M Luca Michalowski (6th) 4.65

U13M Zack Michalowski (8th) 3.85

U13W Lexie Mcloughlin (22nd) 4.59

DT

U17W Michaela Knight (4th) 25.49

HT

U15W Jasmine Routledge (3rd) 37.12

U15W Amy Mcloughlin (7th) 28.87

Midland Counties U13/15/17 Championships

Hurdles Success

On 13th and 14th August 2016 at the Midlands Athletics Championships at Nuneaton. Charnwood athletes Tre' Thomas, Ben Higgins and Victoria Johnson all three who are hurdlers medalled at the Championships. Tre' the defending Champion from 2015 retained his title in the under 17 Mens 100m Hurdles running 12.98 in his heat and going on to run a quick 12.86 in the Final. Tre still sits top of the U.K rankings.

Ben who has only been competing in his first year at under 17 Mens 400m Hurdles ran a seasons and PB of 54.21 in the final to take Gold. That performance now puts Ben at number 2 in the UK, which is incredible.

Victoria competed in the under 15 Women's hurdles and won her heat in 11.58. Victoria ran in the final and came second winning the Silver medal in 11.61. Victoria also still sits at the top of the U.K rankings. I'm sure you will agree that Roger and Eli Binks who are their coaches have done a fantastic job in improving these athletes performance. Well done and keep up the hard work.

Midland Counties U13/15/17 Championships

Charnwood Medallists



Tre Thomas



Ben Higgins



Jasmine
Routledge

If anyone has pictures from the championships that they would like included in the next edition of the newsletter, please send to cacnewsletter@hotmail.co.uk.

Dates for your Diary

Changes to Training Nights

There will be changes to CAC training sessions as per the list below.

Monday August 29th 3.00 to 5.00pm only.

Wednesday 31st there will be no training at all, either on the track or in the HIPAC. The stadium staff are getting ready for the UK School Games.

The Stadium track and in field are to be closed completely **from Monday 5th September through to Monday 24th October**, this is to allow refurbishment works to be carried out. Alternative training arrangements have been made for this period. Athletes and parents please ensure that you communicate with your coaches. The actual use of the HIPAC during this period, is yet to be discussed. This meeting between CAC and the University to take place on **Wednesday 31st August**. The coaches will then be informed of the alternative arrangements. Please cooperate with the coaches and Management Committee in order to help us get through this transitional period. We will still have full access to the Clubhouse at all times.

AGM

The Charnwood Athletic Club Annual General Meeting will take place in the Clubhouse Friday October 7th, to start at 7.30pm.

Presentation Evening

The Presentation Evening will take place on Friday 28th October and to be held at Loughborough Indoor Bowls centre.

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