



**Charnwood
Athletic Club**

Newsletter

February 2018

*Website: www.charnwoodac.co.uk
Email: cacnewsletter@hotmail.co.uk*

LEICESTERSHIRE SPORTSHALL CHAMPIONSHIPS

Once again Charnwood AC enjoyed great success in the final Sportshall fixture on 9th December at the Hermitage Leisure Centre, Whitwick. At under 11 level the girls won the match by a single point and topped their league by 31 points and with the boys finishing as runners-up by half a point they won the combined under 11 Championship by over 30 points.

The under 13 girls came second on the day, as they did overall, and as the boys finished in third place their combined total was enough to see them finish as runners-up.

Both the under 15 boys and girls won all three of their fixtures to win the County Championship by a massive 164 point margin. Individually Molly Palmer was crowned County Champion, with Libby Fort coming third and Mollie Swann and Millie Parker both finishing in top ten positions.

Jake Sisson was County Champion for the second successive year, with Joe Bourne and Jamie Mingle coming second and third respectively. Also worthy of mention is that Mollie Swann took part her fifth successive Championship winning team, beginning in 2013 at under 11 level, a feat likely to be emulated by Lexie McLoughlin next year.



Charnwood Sports Awards 2017

Victoria Johnson was successfully shortlisted for the final of Junior Sports person of the Year 2017. She finished a runner up and should be very proud of her achievements this season which are listed below;

- Victoria is the current Leicestershire County champion and Leicestershire & Rutland County Schools champion in the Girls Under 17 age group.
- Victoria finished 4th at the Midlands Indoor Championships in Birmingham.
- Victoria won the Silver medal at the English Schools Championships in Birmingham. As a result Victoria earned her first England vest.
- Representing England, Victoria won the Silver medal at the SIAB International held in Dublin.
- Victoria won the Silver medal for 300m Hurdles at the Midlands Outdoor Championships in Nuneaton. She also won the Bronze medal for the 80m Hurdles.
- Victoria finished 3rd in the UK rankings for the 80m Hurdles during 2017.
- Victoria is number 12 on the all-time list for the Under 17 age group at 80m Hurdles in her bottom year as an under 17. This is a great achievement after only moving up to the Under 17 age group for Girls this year.





**VIRGIN MONEY GIVING
MINI LONDON MARATHON TRIALS
SUNDAY 4TH MARCH 2018**
(Under UKA Rules – Licence applied for)
LEICESTERSHIRE COUNTY HALL
GLENFIELD ROAD, LEICESTER LE3 8RA



Distance - 3 miles for all age groups (3x1mile loops)

UNDER 13 BOYS – 11.00
UNDER 13 GIRLS – 11.20
UNDER 15 BOYS – 11.40
UNDER 15 GIRLS – 12.10
UNDER 17 BOYS – 12.30
UNDER 17 GIRLS – 12.50

Under 13 entrants must be 11 or over on 22nd April 2018

Under 17 entrants must be under 18 on 22nd April 2018

Entry Fee: £5.00 per runner.

East Midlands qualification is by residence, attending school, or birth in the region.

Closing date for entries: 1st March 2018

NO LATE ENTRIES OR ENTRIES ON THE DAY WILL BE ACCEPTED

Numbers will not be sent out and should be collected on the day

Entries can be checked on www.lran.org.uk No acknowledgment of receipt will be sent.

The first six runners will be selected to compete for the East Midlands region in each age group team plus two reserves. Although additional information will be required prior to traveling signing below will confirm that, if selected, it will be the athletes intention to compete in the London Mini Marathon on April 22ND 2018.

2018 ENTRY FORM

Full name _____ M / F please circle

DOB _____ Age Category entered _____

Home Address _____

Post Code _____ Home Tel _____

Mobile number _____ Alternative number _____

Two mobile numbers are essential as this information will be used for emergency contact on the weekend of the LMM.

Email Address (Please use capitals) _____

I consent to the above taking part in this event and if selected to take part in the London Mini Marathon on April 22ND 2018. I enclose a cheque /PO for £5 made payable to **LEICESTERSHIRE VISION 2020**

Parent or Guardian Signature _____ Date _____

PLEASE POST ENTRY TO **VMGLMM, 15 ORIEL DRIVE,SYSTON, LEICESTER LE7 2AR**



Vets News

Hi Members,

First of all, I would like to introduce myself: my name is Tina Martin. I train in the Vets sprint team but currently out of action due to a knee injury. I have taken over Elaine Mee as Masters/Vets Team Manager a Charnwood AC East division.

We do have a good quality men's team but always require new blood to join us. Our strong women's team struggled last year to fill all the events especially, W50 and above, in both track and field.

Can I remind you all to renew your membership as soon as possible as you cannot compete without being registered with UKA/British Athletics? 1st Claim members can only compete.

We do not have the luxury of transport, so if you would like to compete, but do not have transport, please let me know. We may be able to arrange a lift with another member of our team.

The 2018 outdoor athletics season is about to get underway. If you are a regular competitor or are interested in competing, I would love to hear from you. Please email me back with your event you would like to compete in and your current PB/expected times. I would like 2018 to be the best year for our Vets and the best way is to fill all the events to get the points.

See below for dates and events.

I look forward to hearing from you all.

Tina

League dates and venues for 2018 - EAST DIVISION

April 25th Leamington

June 13th Rugby

May 16th Nuneaton

July 4th Nottingham

The Cup Final is taking place at Solihull on 18/19th August

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Open Meeting Reports

Midland Open – Perry Barr 6th January and Sale Harriers Open – Manchester 7th January

A host of Charnwood sprinters and hurdlers contested the first Midland Indoor Open meet of the year at Perry Barr with some excellent results and several PB's. Tre Thomas having taken the scalp of European U20 international Jason Nicholson in Sheffield at the end of the year added another when winning the U20 60 h beating last years' U18 Commonwealth silver medallist Jack Summers and at the same meet managing a PB in the 60m of 7.03secs. Also competing in the hurdles and sprints were Victoria Johnson and David Areetey, Victoria winning her hurdles races comfortably and dipping under 8secs for the first time in the 60m with a PB of 7.95secs and David running PB's in both his 60h and 60m. Competing also in the 60's and managing PB's was 400m sprinter Harriet Cooper with 7.94 secs then improving that to 7.88secs

Competing the same weekend but on the Sunday having travelled to Manchester to look for competition on a circular track 400m hurdler Ben Higgins ran in the 60m; 60h; and 300m. Having just moved up from the U17's he managed an excellent time in the 60h well inside the national qualifying standard and also a PB in his 300m.

Results

U20

Tre Thomas 60h 7.97 secs; 7.91 secs; 60m 7.03 secs (PB)

Harriet Cooper 60m 7.94secs; 7.88secs (PB)

David Areetey 60h 8.72 secs; 8.53 secs (PB); 60m 7.73 secs; 7.67secs (PB)

Ben Higgins 60h 8.6secs; 60m 7.20 secs; 300m 35.78secs

U17

Victoria Johnson 60h 8.91 secs; 8.84 secs (PB); 60m 7.94(PB) secs; 8.06secs

Joe Thorton 60m 7.50secs; 7.46secs

Callum Clydesdale 60m 7.87secs; 7.87secs (PB)

Mollie Swann 60m 8.43secs; 8.49secs

U15

Millie Parker 60m 8.50secs; 8.46secs (PB)

Loughborough Students Open – 13 January

400m sprinter Harriet Cooper attempted the 60m again at the Loughborough Students Meet where she again ran 7.88 secs to equal the PB she ran the previous week.

Harriet Cooper 60m 7.97secs; 7.88secs

London U17 and U20 Indoor Games 20th/27th January , Sale Harriers Open 21st January and Sheffield Sprints Festival 28th January

Charnwood sprinters and hurdlers were again in action at the London Indoor Games to take part in a meeting which is one of the main indoor meets of the season. U17s' Callum Clydesdale, Joe Thorton, Victoria Johnson and Mollie Swann competing on the first weekend achieved some excellent results. Victoria did two PB's in her hurdles coming in second behind GB no1 Marcia Sey and also managing an indoor PB in her 300m while Callum and Joe competing in their first indoor 400m both bettered their outdoor 400m PB's. On the same weekend U20's Ben Higgins and fellow squad member Kyle Calhoun were competing in another Sale Harriers meet. Ben again ran a very good hurdles lowering his time to 8.54secs and both did an indoor PB in the 200m.

The following weekend it was the U20's who took on some of the best athletes in the country and 17 year old Tre Thomas did another outstanding performance winning both his hurdles races and this time beating another former U18 international clocking a PB of 7.76 secs in both his races to go top of the GB U20 rankings. The following day U17's Callum and Joe took part in the Sheffield Sprints Festival both lowering their 400m times again and Callum winning a bronze medal.

Results

20th Jan

Callum Clydesdale 60m 7.85secs; 400m 53.64 secs(PB)

Joe Thorton 60m 7.50secs 400m 54.43secs

Victoria Johnson 60h 8.79 secs; 8.73secs(PB) 300m 43.85secs (indoor PB)

Mollie Swann 60m 8.43secs; 8.43secs 200m 27.86secs

21st Jan

Ben Higgins 60h 8.54secs; 60m 7.25secs 200m 22.37secs

Kyle Calhoun 60m 7.25 secs; 200m 22.48 secs;

27th Jan

Tre Thomas 60h 7.76 secs; 7.76 secs; (PB) 200m 22.84 secs

David Areetey 60h 8.72 secs; 8.53 secs (PB); 60m 7.73 secs; 7.67secs(PB)

Ben Higgins 60h 8.75secs; 8.67 secs 400m 50.70secs

Kyle Calhoun 200h 22.64 secs; 400m 50.27 secs;

28th Jan

Callum Clydesdale 60m 7.95secs; 400m 53.13 secs

The
DOME CHALLENGE 2018
RUN - JUMP - THROW



**An athletics challenge for young athletes,
school years 3,4,5,6.**

SUNDAY MARCH 11th 2018
THE HARBOROUGH "DOME"

**MARKET HARBOROUGH LEISURE CENTRE
NORTHAMPTON ROAD
MARKET HARBOROUGH LE16 9HF**

**Sprint, middle distance run,
shot put (ball push for y3/4) and standing long jump.**

Year 3/4 will compete 10.30 - 1pm
Year 5/6 will compete 2pm - 4.30pm

**MEDALS FOR THE FIRST THREE BOYS AND
GIRLS IN EACH AGE CATEGORY**

Entry fee - £4 per athlete

Entries close on March 6th 2018
Entries through your club only.



NOT SO SMALL PRINT....."The Dome" is an under-cover venue but is unheated – please dress appropriately for the conditions outside. There is no seating available however parents are welcome to bring their own chairs.

Anyone who interested in taking part in the Dome Challenge should contact Andy Venables or make enquiries at the club house.

Midland Cross Country Championships

Despite having a squad depleted by illness and injury, Charnwood Athletic Club enjoyed a fine day at the Midland Counties Cross Country Championships at Wollaton Park Nottingham on 27 January 2018, claiming no less than 5 of the 10 titles on offer, and 1 second place.

Pride of place though goes to the Senior Ladies team, claiming team gold and individual silver and bronze to Juliet and Jane Potter, with Anne Holyland and Katie Lomas well placed in 4th and 21st to make up the winning quartet.

Team silver was the reward for the Under 13 girls, with Amelie McCann in 13th spot, Rachel Newport 17th, Gracie-Rose Walters 23rd and Savana Smith 25th.

Isabel Oakland in 36th, Emilia Unwin 56th, Olivia Sykes 71st Chloe Lilley 83rd and Olivia McFarlane 99th made up the squad.

No podium place for the Under 13 boys, but a very commendable 5th place with Sean McCann in 4th, Luke Talbot 32nd, Charlie Coleston-Shields in 47th and Frankie Bevilacqua-Masunda 49th. Making up the squad were Emlyn Brown and Ben Wagg in 100th and 101st spots.

The Under 15 girls were unable to field a full team, but good performances from Lexie McLoughlin in 17th, Gemma Newport 24th and Mar Ruiz-Monserrat 66th. There was though another fine team gold for the Under 15 boys in the shape of Alex Coleston-Shields in 5th, Vinny Dawson 6th, Jamie Day 17th and Marcus Francis 20th. There were also good runs from Ryan Elston in 29th, Seamus Hurst in 56th, Colin Foord 63rd, Lucas Wolf-Pudney 73rd and Josh Welford 105th.

Great results for both the Under 17 Ladies and Mens teams with both claiming Team Gold and an individual bronze medal.

The ladies were led home by Mia Atkinson with a fine 3rd place, supported by Laura Aryeetey in 6th and Eleanor Here in 7th. There was also a fine run from Hannah Seager in 23rd.

The mens squad were severely depleted by injury and illness such that they were down to the minimum for a team, but they responded in fine style by retaining the title they won in 2017 and an individual bronze medal for Ollie Rouse. He was supported by Kieren Coleman-Smith in 7th, Luke Nuttall in 10th and Ethan O'Shea in 11th.

The only representative in the Under 20 Ladies was Amy Hammersley, who nonetheless had a fine run to finish in 9th place.

Another Team Gold for the Under 20 Men, with Joe Pollard taking the individual silver medal, supported by Archie Banks, Finn Lydon and Dylan Perry.

The Senior Mens team claimed a fine 6th spot, with Gavin Smith in 6th place, supported by Mark Couldwell in 22nd, Tom Lupton 49th, Gary Burnett 65th, Adam Lockton 155th and James Ketteringham 279th. Making up the squad was Mark Whitmore in 373rd

We now move on to the national championships at Parliament Hill, London on 24th February.

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Sun 8th April
Wed 25th April
Wed 16th May
Wed 30th May
Wed 13th June
Wed 11th July
Wed 1st Aug
Sat 25th Aug

WWW.CHARNWOODACOPENS.CO.UK

Entry for the first meeting is open – enter online at:

<https://entry4sports.co.uk/>

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