



**Charnwood
Athletic Club**

Newsletter March 2015

Club Mobile: 07596 871553
Website: www.charnwoodac.co.uk

National Cross Country Championships
Saturday 21st February 2015 – Parliament Hill, London



YOUNG ATHLETES

NATIONAL CROSS COUNTRY CHAMPIONSHIPS

I suggested that the National at Parliament Hill would be an 'experience' and a 'spectacle' and I think it lived up to its billing! I didn't expect the mud to be quite so glorious given the non-extreme weather we've had, but it was great to see athletes embrace the conditions, some finding strengths they didn't know they had and unexpected enjoyment in the wallowing. Seeing the waves of hundreds of runners stampeding up the hill against the backdrop of the London skyline and the great support and good cheer from the whole Charnwood contingent made it a memorable day out.

There were also some very good results! We didn't quite manage to bring back a championship trophy this time but were in team contention in nearly all age groups (except U17 men, who were disappointingly absent) and, as always, effort was 100% throughout.

Special congratulations go to:

U13 boys – National Team Silver Medallists (Ethan, Luke, George, Alex) –

great work boys (and to Jolyon, only just outside this quartet).

To finish in the individual top 100 of the best in the country is a sought-after performance but to finish in the top ten is a phenomenal achievement. We are delighted with the well-deserved success of our three age group superstars (and Juliet Potter – 5th place SW):

Hannah Seager – 6th place U15 girls

Laura Aryeetey – 7th place U13 girls

Joe Pollard – 7th place U15 boys

Chasing hard and also worthy of special mention are: Ethan 20th(U13B), Alice 22nd (U17W), Mia 25th (U13G), Jess 26th (U15G), Ollie 26th(U15B) and Luke 26th (U13B) – this is very much the sharp end of the race and a real achievement.

RESULTS

U13G 6th

7 Laura Aryeetey, 25 Mia Atkinson, 61 Anastasia Stock-Clarke, 115 Alexandra Here, 337 Francesca Cole, 391 Jasmine Greenaway, 415 Faith Cavill

U15G 11th

6 Hannah Seager, 26 Jess Rattray, 130 Amy Hammersley, 220 Paige Stevenson, 230 Amber Stevens, 300 Katie West

U17W 6th

22 Alice Daniel, 44 Hannah Cox, 80 Aimee Seager, 174 Gabrielle McNeelance, 200 Saskia Sharpe

U13B 2nd

20 Ethan O'Shea, 26 Luke Nuttall, 39 George Shephard, 87 Alex Coleston-Shields, 97 Jolyon Leavesley, 247 Tom Pollard, 312 Tom Rattray, 376 Seamus Hurst

U15B 5th

7 Joe Pollard, 26 Ollie Rouse, 62 Tom Gostelow, 98 Ben Rouse, 271 Ethan Hulley, 355 Adam Bowley

U20W

67 Emily Hollis, 123 Mariam

To those who didn't feel so great, or were disappointed, or were towards the back of the field – well done for doing the best you could on the day. You will benefit from the effort in the longer term and be assured that the team and the event were better for you being there – it wouldn't have been such a great occasion if only the top ten turned up for each race! As well as seeking personal satisfaction you often don't know what's going on ahead and you could be playing a vital team role without knowing it. Yesterday the Charnwood senior women (who usually win medals) were blighted by late injury and illness (before and during the race) and a team member finishing in 349th unknowingly became the 4th scorer for the team. The others were grateful and still finished 14th of 93 clubs finishing teams and many more which didn't.

Well done everyone,
Madeleine

2015 National XC Championships - Seniors Parliament Hills 21st February 2015			
Senior Women			
Position	Time	Forename	Surname
5	31.21	Juliet	Potter
94	35.29	Katie	Lomas
140	36.37	Elsie	Butler
349	41.19	Mandy	Brown
Senior Men			
Position	Time	Forename	Surname
182	44.53	Howard	Thompson
381	47.55	Ben	Plummer
458	48.46	William	Kirk
947	54.06	Matthew	Law
1164	56.31	John	Rees

ROAD RELAYS

I would firstly like to say congratulations to those who raced at the National Cross Country. There were some fantastic performances.

The next events on the calendar for the club are the Midlands 6 stage road relays on the 28th March and the National 6 stage road relays on the 11th April. Both events taking place at Sutton Park, Sutton Coldfield.

The races are both 6 team relays, each leg will be 2.995 miles.

As always it would be fantastic to get as many Charnwood teams out as possible! If you would like to race either or both events can you please let me know by the 8th March. Thanks. Hollie Smith

DERBY ROAD RACES – 11TH FEBRUARY 2015

1 mile

Male 2nd Martin Lewis 4-56

Female 3rd Ainslea Cross 6-21

5km

Male 9th Martin Lewis 17-00

 18th James Watson 18-29

 30th Mark Fox 20-15

Female 5th Hollie Smith 19-37

Armagh International Road Races - 19th February 2015

Ladies 3km

 3rd Gemma Hillier 9-24

 31st Elsie Butler 10-45

Gemma competed for the winning England Team at the event.

Congratulations Gemma on your England selection.

TRACK CLOSURES – DATES FOR YOUR DIARY

The track will be closed on Wednesday 13th May, 27th May and 10th June. Our training evenings will be on the Thursdays. Please see your coach nearer the time for confirmation of days and times of training.

2015 Midland XC Championships

Wollaton Park 24th January 2015			
Senior Women			
Position	Time	Forename	Surname
1	27.54	Jane	Potter
7	29.07	Juliet	Potter
18	30.55	Leila	Armoush
37	31.54	Katie	Lomas
38	31.58	Elsie	Butler
200	42.51	Ainslea	Cross
2nd Team			

Senior Men			
Position	Time	Forename	Surname
14	38.17	Harry	Lupton
31	39.44	Howard	Thompson
41	40.06	Mark	Couldwell
49	40.30	Tom	Lupton
60	41.19	Gary	Burnett
82	42.20	Ben	Plummer
91	42.40	Peter	Swaine
100	43.11	William	Kirk
4th Team			

Bowline Charnwood Hills Race				
1st February 2015				
Senior Women				
Position	Time	Forename	Surname	
3	1.51.55	Katie	Lomas	
4	1.53.50	Natalie	Wettler	
11	2.02.32	Kate	Champneys	
14	2.09.36	Madeleine	Lomas	1st F55
39	2.22.27	Erika	Jalland	
1st Ladies Team				
Senior Men				
Position	Time	Forename	Surname	
12	1.43.03	Adam	Lockton	
16	1.44.18	Ed	Toone	
45	1.51.30	Martin	Makin	
53	1.53.05	John	Rees	
56	1.54.09	Robert	Jalland	
166	2.17.50	Jake	Smith	
4th Men's Team				

LEICESTERSHIRE ROAD RUNNING LEAGUE

BARROW 6 – 25TH JANUARY

TIME		POSITION					Winter League Category	FIRST NAME	SURNAME
GUN	(CHIP)	OVERALL	M	F	MV	FV			
34:33	34:32	14	14		5		V45-49	MICHAEL	KINGSBURY
34:38	34:36	15	15				Senior	MARTIN	LEWIS
35:51	35:49	38	37		12		V45-49	ROSS	MARTIN
36:19	36:13	48	47				Senior	ED	TOONE
36:26	36:22	53	52				Senior	ADAM	LOCKTON
36:33	36:30	55	54		19		V40-44	PHILIP	WHARTON
37:21	37:18	75	73		28		V40-44	MARTIN	MAKIN
37:45	37:33	81	78				Senior	MATTHEW	LAW
37:50	37:48	83		4			Senior	AMBER	LESTER
37:57	37:53	87	83				U20	WILL	GOODBOURN
37:59	37:45	89	85		33		V45-49	JOHN	REES
38:35	38:25	106		7			Senior	NATALIE	WETTLER
39:13	39:03	118		10			Senior	KATIE	LOMAS
39:14	39:10	119	109		40		V40-44	ROBERT	STEWART
41:22	41:12	176		13			Senior	KATE	CHAMPNEYS
41:39	41:27	181	167		78		V60-64	PETER	MENSLEY
41:45	41:33	185	171				Senior	BRIAN	MADDEN
42:15	42:05	200	186				U20	JAKE	SHAW
42:23	42:09	205	191		90		V55-59	PAUL	LEANAY
42:53	42:38	223	206				Senior	PHILIP	LEANAY
43:52	43:24	267	237		122		V40-44	NIGEL	SCOGGINS
45:41	45:30	325		49			U20	HARRIET	ROBERTS
46:56	46:37	369		68		28	V40-44	LIZ	HEWITT
48:08	47:16	403		78		35	V45-49	LINDA	TAYLOR
49:03	48:38	430		97			Senior	AIMEE	SMITH
50:05	49:46	463		111			Senior	SARAH	BROOKSBANK
51:10	50:43	487	359		209		V60-64	JAMES	MORRISON
56:34	56:07	592		197			U20	LUCY	ROBERTS
56:47	55:54	597		201		107	V45-49	LISA	REES

Markfield 10k - 8th February 2015

TIME		POSITION					Winter League Category	FIRST NAME	SURNAME
GUN	(CHIP)	OVERALL	M	F	MV	FV			
35:31	35:30	13	13		4		V45-49	MICHAEL	KINGSBURY
36:11	36:09	20	20				Senior	ED	TOONE
38:22	38:18	59		1			Senior	LEILA	ARMOUSH
39:40	39:39	95		3			Senior	AMBER	LESTER
39:44	39:26	96	93		32		V45-49	JOHN	REES
39:49	39:44	99	96		35		V40-44	ROBERT	STEWART
40:04	40:01	104		5			Senior	KATIE	LOMAS
40:26	40:24	109	104		41		V40-44	MARTIN	MAKIN
40:56	40:51	121	115				U20	WILL	GOODBOURN
41:15	41:11	137		8			Senior	NATALIE	WETTLER
41:51	41:41	151	141				Senior	PHILIP	LEANEY
42:16	42:11	160	150		70		V60-64	PETER	MENSLEY
42:46	42:24	181	168				Senior	BRIAN	MADDEN
43:23	43:19	197		17			Senior	MANDY	BROWN
43:45	43:41	209		22			Senior	KATE	CHAMPNEYS
44:27	44:04	229	206		100		V40-44	NIGEL	SCOGGINS
45:37	45:31	256	223		111		V55-59	PAUL	LEANEY
46:11	45:44	273		39			Senior	JOANNE	SPENCER
46:12	45:59	275	235				U20	JAKE	SHAW
47:12	46:48	309		52		16	V45-49	LINDA	TAYLOR
47:49	47:28	325		60			U20	HARRIET	ROBERTS
48:08	47:52	329		61		21	V40-44	LIZ	HEWITT
58:29	58:05	530		174			U20	LUCY	ROBERTS

CHARNWOOD AC CELEBRATES 40 YEARS

Charnwood Athletics club will be 40 years old on June 19th 2015. We will be holding a big celebration to mark this special occasion on Saturday 20th June. This will take place at the university during the afternoon/early evening so please keep the date free. More details will be given nearer the date.

Subs are now overdue!

Please renew your membership as soon as possible

Renewal forms are available at the club house and the new yellow membership cards will be issued on renewal. Athletes that don't renew will be unable to race at any level at the forthcoming events from April and will be charged the non-member rate at training sessions.

Please make sure you help our club secretary Colin Barnes by renewing promptly. Colin is a volunteer and this is a huge task so your cooperation is essential. Also to ensure you receive information and are kept informed it is important to update contact details and provide a **CLEARLY WRITTEN EMAIL ADDRESS**. Many thanks from the committee.

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 or parent.

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 April newsletter need to be received by Monday 23rd March.