



**Charnwood
Athletic Club**

Newsletter

February 2016

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LIONEL LAMBOURNE

9TH FEBRUARY 1937 – 14TH JANUARY 2016

For over thirty years Lionel Lambourne was 'the Shot Putt Coach' at Charnwood Athletic Club. It was therefore with great sadness that members learnt of his death on the 14th January, not least because he had been at the Club just three days earlier, interested in everything that was going on, but the throws in particular.

Lionel first came to the Club in 1979 just four years after our formation. As with many he brought along his son Richard who was an aspiring middle distance runner. In those early years he would attend cross country and track races offering support to all Charnwood competitors. When Richard left the Club Lionel continued and started coaching the Shot in 1985. He became a permanent fixture on Monday and Wednesday evenings, always willing to share a story and give his opinion. He was happy to coach anyone who showed an interest, young or old, boys and girls, able bodied and disabled. For twenty years he coached the veteran Jim Edwards who himself came along with son Mark who Lionel coached to become National Champion and England international. His involvement in the Club did not however, stop there. At various times he was also Team Manager, Club Statistician and Committee Member.

On January 28th Loughborough Crematorium was full with members past and present to celebrate his life and to give thanks for someone who gave so much to others, never seeking reward other than their enjoyment.

SUCCESS FOR CHARNWOOD AT SPORTSHALL 2015

Our junior athletes completed a great year for Charnwood AC by winning the 2015 Leicestershire Sportshall competitions at all three age groups.

Most emphatic victors were the under 13 girls who won an astounding 44 events, in both the A & B categories, out of a total of only 54 over the three fixtures to secure a winning margin of 120 points. The boys also produced three solid performances, winning on two occasions, and claiming an overall victory by 15 points, giving the combined team a lead of 187 points over the runners-up to retain their County title.

At under 15 level the boys dominated throughout with three wins to give them outright victory by 137 points, and although the girls had to be content with runners-up spot, just 10 points behind the winners, they were collectively Champions with a handsome lead of 211 points, which was especially pleasing as this was the first time that the club have entered a team in this age group.

The under 11s took part in the closest encounter and trailed by a narrow margin after the first two competitions. However, they performed magnificently in the final fixture and the match was in the balance right up to the final event. Ultimately the girls were runners-up by 20 points and the boys won by 25 points giving us the Championship by the narrow margin of 5 points.

This season at under 15 level the organisers chose to run an individual competition within the team event to help promote an increase in both the number and quality of entrants (it worked!). We are extremely proud that the inaugural boys winner was Cameron Dakin-Price with Sam Foreman placed third and surely only injury prevented Billy Champneys-Davies from also gaining a medal as he was in the lead after the first two matches.

There were also some stunning individual efforts from the two lower age group teams, particularly the under 13 girls, but our success was essentially down to great team efforts, especially from the under 11s for whom every event turned out to be significant.

To say that Team Managers Andy Venables, John Hammond and Neil Broomfield were proud of their athletes would be a vast understatement and again emphasises the work that has been invested in the younger members of the club over the last three years. The club were delighted that no fewer than 22 athletes were selected to represent Leicestershire & Rutland in the inter-county competition to be held at Grantham on 31st January.

Finally a big thank you to all friends and relatives who turned up to cheer on our athletes. Your support and contribution towards team spirit is greatly appreciated and not matched by any other team that we have encountered.

CHARNWOOD ATHLETIC CLUB FIXTURES 2016

Date	Day	Event	Venue
10th April	Sunday	CAC Warm up meeting	Loughborough
23rd April	Saturday	UKYDL LAG	Birchfield
27th April	Wednesday	CAC Open Meeting	Loughborough
27th April	Wednesday	Masters League	Kettering
1st May	Sunday	UKYDL UAG	Bicester/Banbury
8th May	Sunday	Midland league	Kidderminster & Stourport
18th May	Wednesday	CAC Open Meeting	Loughborough
18th May	Wednesday	Masters League	Nuneaton
21st May	Saturday	UKYDL LAG	Notts AC
29th May	Sunday	UKYDL UAG	Wolverhampton
4th June	Saturday	Midland league	Corby
15th June	Wednesday	CAC Open Meeting	Loughborough
15th June	Wednesday	Masters League	Rugby
19th June	Sunday	UKYDL LAG	Coventry
26th June	Sunday	UKYDL UAG	Loughborough
2nd July	Saturday	Midland league	Abingdon
16th July	Saturday	UKYDL LAG	Milton Keynes
20th July	Wednesday	CAC Open Meeting	Loughborough
24th July	Sunday	UKYDL UAG	Solihull
27th July	Wednesday	Masters League	Loughborough
7th August	Sunday	Midland league	Solihull
10th August	Wednesday	CAC Open Meeting	Loughborough
28th August	Sunday	CAC Stars of the Future	Loughborough
28th August	Sunday	Masters Cup Final	Nuneaton

Membership Renewals

Subs will become due for the next year on 1st March 2016.

Please look out for forms in the clubhouse in the next few weeks and details and paperwork are on the website. You have to be a paid up member of the club to be able to compete during the summer so if you wish to be considered for the teams this year, please renew as soon as possible so that the lists the team managers receive will have your name on it! The club pays your affiliation fee (including insurance) to UK athletics from the subs you pay to the club.

Please make this process easier by writing clearly on the forms; particularly your email address so we can keep you informed.

MIDLAND VETERANS TRACK AND FIELD LEAGUE

2016 SEASON

DATES AND VENUES OF MATCHES

APRIL 27th	KETTERING
MAY 18th	NUNEATON
JUNE 15th	RUGBY
JULY 27th	LOUGHBOROUGH (CHARNWOOD)
SEPTEMBER 4th	NUNEATON - CUP FINALS

TEAM MANAGER: Elaine Mee

Tel: 0116 2877608 or email: jandemee@btinternet.com

If you are interested in joining our men's or women's team to either Run, Jump, or Throw then please contact Elaine.

THANK YOU

After 4 years of producing the newsletter I have compiled my last one. I would like to thank everybody who has supported me in this and helped the club to distribute news. Most of all it has been brilliant recording all the fantastic achievements of the Charnwood athletes and to be able to celebrate these via the newsletter. So I will miss hearing about these and wish everyone all the best in the future.

The club is always in need of volunteers so if you think you could help in any way then please contact a member of the committee or coaching team. Thank you for reading.
Ruth Edwards

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, parent or grandparent.

If you have some news for the next issue then please email [items and photos](mailto:items_and_photos@cacnewsletter@hotmail.co.uk) to: cacnewsletter@hotmail.co.uk