



**Charnwood
Athletic Club**

Newsletter

April 2016

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CHARNWOOD AC MID-WEEK OPENS 2016

Paula Radcliffe Athletics Track, Loughborough University, LE11 3TU

The first mid-week open is scheduled for Wednesday 27th April. Timetable below:

18:15	75m (U11)	
18:45	100m (U13+)	Hammer (U15+) >35m Shot <10m Long Jump (W) <4m High Jump (M) Pole Vault (U15+)
19:30	600m (U11)	
19:45	200m (U13+)	Hammer (U15+) <35m Shot >10m Long Jump (W) >4m
20:30	3000m (U15+)	
21:00	800m (U13+)	

- Electronic timing and results screen for track events
- EDM for field events
- Races run slowest to fastest
- Entry online only - £5.50 per event including transaction fee

Full details including online entry can be found at:

<http://charnwood.athletics-uk.org/>

Future meeting dates:

- Wednesday 18th May
- Wednesday 15th June
- Wednesday 20th July
- Wednesday 10th August

MIDLAND COUNTIES INDOOR OPEN MEETING

Alexandra Stadium, Birmingham – 20th March

On 20th March several of our young athletes took part in the Midland Counties Indoor meeting at Alexandra Stadium, Perry Barr and acquitted themselves wonderfully well.

Under 20 sprinter Harriet Cooper ran the second fastest times of 8.02 seconds (PB) and 12.63 seconds in both the 60m and 100m respectively.

This feat was emulated at under 17 level by Tre Thomas with times of 7.15 seconds and 11.45 seconds (PB) respectively, and also in the 100m Jody Smith secured a PB with 11.55 seconds as did Ben Higgins with 11.63 seconds as they finished 4th and 5th.

Three under 15 girls all secured PBs in the 60m, Victoria Johnson 8.08 seconds, Molly Palmer 8.36 seconds and Lydia Bonshor 8.82 seconds and in the 100m Victoria ran a Seasons Best time of 13.02 seconds, while Molly and Lydia ran Personal Best times of 13.42 and 13.85 seconds respectively.

In the 100m hurdles Tre Thomas came 1st with a PB of 13.28 seconds, with Ben Higgins clocking 14.61 seconds in winning his heat, and the pair also came 1st in their 60m hurdle heats.

Victoria Johnson continued her great hurdling form coming 1st in both the 60m race in 9.17 seconds and the 75m race with a Seasons Best time of 11.69 seconds.

2016 MASTERS INDOOR CHAMPIONSHIPS

Lee Valley – March 12 - 13th

Over the weekend of March 12 – 13th nearly 600 masters athletes met at Lee Valley for the British Indoor Championships. Only 4 Charnwood athletes competed, but won three medals and three high placings.

Ainslea Cross (W35). 4th in the final of the 200m in a time of 31.27

Kevin Pye (M55). Gold in the 400m in a time of 60.46.
4th in the final of the 800m in a time 2.20.06

John Statham (M55). Silver in the 60m in a time of 7.96
4th in the final of the 200m in a time of 26.72

Paul Askew (M60). Gold in the high jump with a height of 1.41m

KEYWORTH 33km TRAIL RUN

March 13th

1st – Martin Lewis – 2:20:41

BATH HALF MARATHON

March 13th

Mark Couldwell – 1:10:32

Ed Toone – 1:15:59

Mick Kingsbury – 1:18:09

NOTTS AC SPRING SPRUCE

Harvey Hadden Stadium, Nottingham – 2nd April

100m	Nathan Cadman (U13) – 15:14	1500m	Euan Wilson (U20) – 4:24:47
100m	Tom Blewitt-Jenkins (U15) – 14:04	100mh	Tre Thomas (U17) – 13:36
100m	Tre Thomas (U17) – 11:72	100mh	Ben Higgins (U17) – 14:89
100m	Jody Smith (U17) – 11:74	300mh	Millie Shaw (U17) – 50:72
100m	Libby Monk (U13) – 15:67	400mh	Ben Higgins (U17) – 60:41
100m	Dalila Watson (U15) – 14:60	HJ	Dalila Watson (U15) – 1:40
100m	Lydia Bonshor (U15) – 14:19	HJ	Lexie Mcloughlin (U13) – 1:20
100m	Mollie Swann (U15) – 13:82	HJ	Cameron Darkin-Price (U15) – 1:83
100m	Kitty Joseph-Blackler (U17) – 13:59	HJ	Leah Smith (U17) – 1:45
200m	Nathan Cadman (U13) – 31:31	PV	Dalila Watson (U15) – 2:10
200m	Jody Smith (U17) – 23:29	LJ	Nathan Cadman (U13) – 3:26
200m	Tre Thomas (U17) – 23:45	LJ	Jamie Day (U15) – 3:22
200m	Mollie Swann (U15) – 27:68	LJ	Tom Blewitt-Jenkins (U15) – 3:61
200m	Harriet Cooper (U20) – 26:05	LJ	Kitty Joseph-Blackler (U17) – 5:32
200m	Libby Monk (U13) – 31:99	LJ	Molly Palmer (U15) – 4:94
200m	Lydia Bonshor (U15) – 27:98	LJ	Libby Monk (U13) – 3:69
200m	Dalila Watson (U15) – 29:79	TJ	Charlotte Jones (U17) – 10:97
400m	Harriet Cooper (U20) – 58:62	SP	Amy Mcloughlin (U15) – 6:33
800m	Neve Evans (U13) – 2:31:23	DT	Michaela Knight (U17) – 19:36
800m	Lexie Mcloughlin (U13) – 2:38:78	HT	Jasmine Routledge (U15) – 39:04
800m	Olivia Bonshor (U13) – 2:38:84	HT	Amy Mcloughlin (U15) – 27:86
800m	Jamie Day (U15) – 2:32:86		

VOLUNTEERING OPPORTUNITY

National School Games 1 – 4th September

Volunteer at the School Games National Finals 2016

The School Games National Finals 2016 are taking place at Loughborough University between **Thursday 1st and Sunday 4th September 2016** and over 400 volunteers will be required to support the delivery of the event! There are a number of volunteering opportunities available, with roles ranging from co-ordinating volunteers, driving, media and many more. This is a unique opportunity to get involved and see how large sports events are operated from the inside.

- Around **1,600 of the nation's finest young sports stars** will compete.
- The competition re-enforces the experience of Olympic and Paralympic Games complete with Opening and Closing Ceremonies.
- The School Games National Finals have a strong track-record of providing a springboard for athletes who then go on to compete at a national level.
- Competition is held in twelve current and future Olympic and Paralympic sports: Fencing, Rugby Sevens, Gymnastics, Hockey, Athletics, Cycling, Judo, Swimming, Table Tennis, Volleyball, Wheelchair Basketball and Wheelchair Tennis.
- Approximately **700 coaches, support staff and volunteers** will give round-the-clock support and advice, collectively committing more than **22,000 hours** of their time.

The Youth Sport Trust has overall responsibility for the management of the event and Loughborough University, supported by Leicester-Shire & Rutland Sport, will be involved with the training, deployment and management of the individual volunteers. Through this event the aim is to reward and recognise a diverse workforce of skilled, trained and enthusiastic volunteers and inspire them to continue their volunteering journey beyond this event.

Friendly, outgoing and competent volunteers are required to fulfil a variety of roles. Volunteers will act as representatives for the event therefore the right attitude is essential. No specific experience is required and briefings/training will take place prior to the event to ensure that you are fully prepared for your role and responsibilities.

To apply to volunteer at the event, please visit www.gmsportal.co.uk/sg2016.

Charnwood Athletic Club Running Jacket

Charnwood Athletic Club are proud to announce the arrival of the **NEW** club running jacket

This high performance jacket not only looks stylish in the club green colours, it also performs to an excellent standard.

Made from a light weight fabric it is designed to keep off the wind whilst allowing breathability. Reflective stripes and our very own reflective Charnwood Fox have been strategically placed for great visibility and safety.



ON SALE
from the Clubhouse

Club member
price: **£35**

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 to cacnewsletter@hotmail.co.uk