



**Charnwood
Athletic Club**

Newsletter November 2017

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

New Club Website Launched

The start of November saw the launch of a new club website, with a new look and updated content throughout. Head over to www.charnwoodac.co.uk to take a look. The club would love to hear your feedback regarding the site.

The screenshot shows the website's header with the club logo, name, and a search bar. The navigation menu includes HOME, About, Athletes, News, and Fixtures. The main content area features a large photo of a track at night, a close-up of runners' hands on the track, and three smaller images with text overlays: 'Club Presentation Evening', 'Volunteering for the Club', and a photo of a starter on the track.

Charnwood Athletic Club

HOME About Athletes News Fixtures

Club Presentation Evening

Volunteering for the Club

starter

Clubs Awards Evening

October 27th

On the 27th October, the club gathered at Loughborough Indoor Bowls Club to celebrate the successes of our athletes and teams during the 2017 season. The evening was kicked off with a brilliant talk made by Charnwood athlete and Work Champion Stef Reid. The theme of Stef's talk was Excellence...not only in sport but even when asking out a world champion. Stef was an inspirational speaker, and hopefully her words of encouragement will help the athletes in the room to work hard through the winter in pursuit of their ambitions.

During the evening certificates were given out to the winners of the Virtual Club Championships for age group athletes. Certificates were awarded to the first three in all disciplines across the age groups. In addition, a number of new club record holders were honoured during this year's awards evening. The club records are currently undergoing a revamp to ensure they are up to date once more.

Finally, the main club awards were presented by Club Chairman, Andrew Gostelow, to the following individuals:

- U11 Athlete of the year - Sam Spooner
- U13/U15 Female XC - Lexie McLoughlin
- U13/U15 Male XC - Ethan O'Shea
- U17/U20 Female XC - Amy Hammersley
- U17/U20 Male XC - Joseph Pollard
- Senior Female XC - Juliet Potter
- Senior Male XC - Mark Couldwell
- Female Sprinter - All ages - Sophie Hahn
- Male Sprinter - All ages - Ben Higgins
- Most improved Field Athlete U17 and under - Maddie Wood
- Most improved Field Athlete U20 and over - Jasmine Routledge
- Most improved Runner U17 and under - Jody Smith
- Most improved Runner U20 and over - David Ayreety
- U11 Athlete of the year - Sam Spooner
- U13/U15 Female XC - Lexie McLoughlin
- U13/U15 Male XC - Ethan O'Shea
- U17/U20 Female XC - Amy Hammersley
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- Senior Female XC - Juliet Potter
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- Most improved Field Athlete U17 and under - Maddie Wood
- Most improved Field Athlete U20 and over - Jasmine Routledge
- Most improved Runner U17 and under - Jody Smith
- Most improved Runner U20 and over - David Ayreety
- David Scoggins trophy for Middle distance runner - All ages - Fergus McAuliffe
- Junior Female Athlete of the year - Molly Palmer
- Junior Male Athlete of the year - Cameron Darkin-Price
- Veteran Athlete of the year - Paul Askew
- U20 and Senior Female Athlete of the year - Sophie Hahn
- U20 and Senior Male Athlete of the year - Jonnie Peacock
- Junior Clubwoman of the year - Lydia Bonshor
- Junior Clubman of the year - Matthew Kingsbury
- Clubwoman of the year - Jo Unwin
- Clubman of the year - Neil Broomsfield

In addition to the above annual awards, Paul Askew (long term commitment as a jumps coach and veteran athlete) and Nicky Thompson (long term commitment as club secretary, club treasurer and athlete) were both presented with life membership of the club.



Paul Askew – Lifetime Membership



Jo Unwin – Club Woman of the Year

London Marathon Places

Last year Charnwood received two club places for the London Marathon. If you are interested in being considered for a 2018 place can you please email Peter Mensley by 30th November.

In the event that more people are interested than places available priority will be given as in previous years to athletes who fulfil all or the majority of the following criteria:

- Are first claim paid up Charnwood Members
- Were members in April 2017
- Were not eligible for a good for age place
- Entered the London Marathon ballot
- Have not received a club place in the last three years

In your email to me can you please let me know which of the above criteria you fulfil. Peter Mensley
p.mensley@btinternet.com

British Schools Combined Events International

Glasgow, November 10th

Congratulations to Cameron Darkin-Price on his selection to the English Schools AA team, which will be taking part in the British Schools Combined Events international on November 10th. The Club wishes Cameron every success in the event.



Indoor Athletics Meeting 2017/18

Saturday 2nd December Northern Athletics Meeting at EIS Sheffield

Under 13 & 15: Sprints – Hurdles – Jumps

Online entry: Sportsoft Online

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Saturday 6th January Midland Open Meeting at Alexandra Stadium

Under 13&15: High jump – Long Jump - Triple Jump – Pole vault

Under 15: Javelin – Hammer

Sunday 7th January Midland Open Meeting at Alexandra Stadium

Under 13 & 15: 60m – 60m hurdles

Under 15: Shot – Discus

Online entry: Midland Counties Athletics Association

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Saturday 17th March Midland Open Meeting at Alexandra Stadium

Under 13&15: High jump – Long Jump - Triple Jump – Pole vault

Under 15: Javelin – Hammer

Sunday 18th March Midland Open Meeting at Alexandra Stadium

Under 13 & 15: 60m/100m – 60m/100m hurdles

Under 15: Shot – Discus

Online entry: Midland Counties Athletics Association

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The Midland Indoor Championships are held in Birmingham on 17th/18th February with qualifying times/distances needed to be met. Online entry at Midland Counties Athletics Association.

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