

Track & Field Newsletter

Welcome to Cornwall Athletic Club's Track and Field Newsletter for April/May 2019. The purpose of this Newsletter is to keep you up to date with any information or fixtures to improve communication for all our members. If you have any information or results or would like anything mentioned in the next Newsletter please e-mail nicolabonell@hotmail.com

It was fantastic to see so many CAC athletes taking part in the Par Warm Up Meet on Saturday 6th April. The day proved to be a great start to the season with our athletes taking part in a very friendly event, many achieving new PB's. If results from this day are anything to go by, CAC athletes have a great season ahead!

March was a special month for three of our Track and Field coaches. Herbie and Martin both celebrated their birthdays on Saturday 23rd March whilst John Mitchell celebrated his birthday on Thursday 28th March. Here they are being presented with their birthday cakes:



We would just like to take this opportunity to thank them for all their hard work and commitment to the club.



CAC once again contributed the most athletes to the Cornwall team on Saturday 9th March when ten young athletes from CAC took part in the South West Regional Indoor Sports Hall Finals at Torbay. All of the children seemed to enjoy the event and got on well with the athletes from the other Cornish clubs. They achieved third in the both the boys and the girls' events. Special thanks to Leon Smith & Freya Bonell who accompanied the team to help officiate.

Diary Dates

Saturday 11th May (Cornwall County T & F Championships) at Par

Sunday 12th May (Redruth Charity Trust) Presentation evening – Pool School

Friday 17th May (CAC Presentation Evening) Helston Football Club

Wednesday 29th May (Yrs. 4,5,6 & 7 Athletic Challenge) Carn Brea. For full details of any of these events please pop into the club house.

Name the Bear Competition

Don't forget we still need a name for our CAC bear mascot. Please see Ron in the club house if you have any inspired ideas.

Ron's Corner

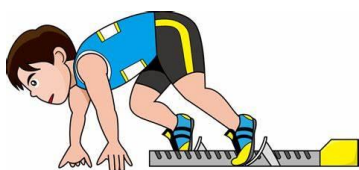
Hi all: We have now entered into our summer track & field fixtures and completed our first event at Carn Brea with the CAC warm-up meeting. It's extremely important that coaches encourage their athletes to take part in the events detailed on the fixture list, which can be found on the notice board in the clubhouse and also on the club website. Please don't leave entering the competitions to the last minute as this makes life difficult for the event organisers. Competitions can't run without officials and helpers, so if anyone fancies becoming an official or helper, please contact me. We are fortunate to have really good parents that volunteer their services willingly, but we are short of timekeepers, track judges and most importantly starters, so please give it some thought for the future.

We will soon be selecting the team for the South West League competitions at Exeter, consult with your coaches regarding your availability for selection. Best wishes and good luck in the competitions.

Ron

It was really good to see 25 children attending the Wednesday night Year 4/5/6/7 Athletic Challenge on the 24th April organised by Mo Pearson. Events were 75m/100m, long jump, shot and 600/800m. The next event will be Wednesday 29th May.

Registration is from 5.30 pm and the competition is from 6pm until 8pm. The cost of this event will be £3.



Five Star Athletic Competition

The Spring sunshine shone down on the 31 children who took part in the 5 Star Awards Scheme run by Saturday Club on Saturday 30th March. The events included long jump, javelin, shot, 75/100m and 300/800 metre races. Well done to all who took part.

Ken Trickey Event Exeter

It was a very cold and windy day on Sunday April 14th so a big well done to all athletes that took part in the annual Ken Trickey athletics event in Exeter. It was amazing that our athletes did so well in these conditions some even achieving PB's!

Parent Saturday Club Training Group

Don't forget that If you are a parent and are interested in joining our Parents' Exercise Group during Saturday Club, please turn up at the Club House with £3 ready for action!

CAC Warm Up Meet

The CAC Warm Up Meet on Sunday 28th April was well attended with over 100 athletes taking part representing the different schools and athletics clubs across the region. Here are some photos to show the amazing effort that our athletes were putting in. Well done to all!



Useful Information

If you wish your child to be put on the waiting list for the Under 11's group, please e-mail Adam Hughes on adam.hughes@agustawestland.com Mobile no: 07879740648.

You can keep up to date with information about CAC on our website: www.cornwallac.org.uk or ask to join our closed Facebook Pages: **Cornwall Athletics Club** and **Saturday Athletics Club**.