

Track & Field Newsletter

Welcome to Cornwall Athletic Club's Track and Field Newsletter for Autumn 2019.

The purpose of this Newsletter is to keep you up to date with information to improve communication whilst celebrating successes together.

If you have any information or results that you would like mentioned in the next Newsletter please e-mail nicolabonell@hotmail.com. Thanks.

Year 4,5,6,7 Event

23 athletes took part in Mo's last Year 4, 5, 6 and 7 event of the season on the 28th August. The children enjoyed taking part in 150/200m sprint, 600/800m, javelin/turbo javelin and high jump.

Here are some of the competitors proudly showing their certificates. Well done all....and thank you Mo for organising these excellent events for our young athletes.



Do check for running spikes in the club house before buying a new pair. For a small donation, you are more than welcome to a second-hand pair if they fit! Also please feel free to donate any old running spikes that you have out-grown or that you no longer require.

Sports Hall Junior Indoor Athletics 2019-2020

All competitions this winter are held at Callywith College, Bodmin. Address Old Callywith Road, Bodmin PL31 2GT. Dates: Saturday 16th November, 18th January & 8th February 2-4 pm. Register from 1.30 pm. Cost £3. Saturday 21st March SW Sportshall Festival at Torbay. These events are predominately for years 4,5 & 6 to select for Torbay but if U13 wish to compete as they still enjoy sportshall then they are welcome to attend. Many Thanks. Mo.

On Tuesday 24th September, we were delighted to welcome Chris Jones, the CEO of England Athletics, to our Tuesday night training session. He has been visiting various athletics clubs around the country with his colleagues to see how different Athletics clubs are doing. Despite the Cornish wet weather, spirits were high amongst the 150 or so athletes and runners he met at Carn Brea. The England Athletics website described his visit to CAC as "A fantastic trip, stunning setting and an incredibly welcoming and inclusive club and team spirit".



Chris Jones is pictured above with Mark, Martin and John, some of our Track and Field coaches.

Ron's Corner

The track & field season finished this year with a new fixture, the Jumps & Throws competition. I think most athletes enjoyed the event, despite the rain, so with a little fine tuning, we will run this competition again next season.

The winter is the time that all track & field athletes need to work hard with their training in preparation for the 2020 season. I know this is hard as adverse weather conditions will not always suit you, but you must persevere to achieve your goals.

As some of you are taking part in cross country events, please be aware that only 6mm spikes are allowed on the track and not your 9mm or 12mm cross country spikes.

Many thanks for the help our coaches, officials and parents have given this season, without your help and enthusiasm competitions would not take place.

Best wishes Ron

Duchy Minors 8th September 2019

Over 150 young athletes took part in CAC's annual Duchy Minors Open competition at Carn Brea Leisure Centre this year. The day proved to be highly successful for the many athletes who achieved trophies and PB's in a variety of different track and field activities. Here are a few photos of just some of the CAC athletes that took part on the day.

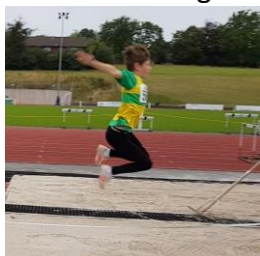


Tom Robilliard ran a record-breaking 150m (see below) and a special mention must go to Nubia Evans-Shields from the City of Plymouth Club who broke a long standing record in the Under 13 discus with her throw of 39.55 metres. She is now first in the country. We are proud that these athletes achieved such outstanding results here at Carn Brea.

Well done to all CAC athletes who took part and many thanks to all of the coaches, officials and helpers who helped to make the event so successful for everyone.



Huge Congratulations to CAC's Under 11 athlete Tom Robilliard. He is now 2nd in the UK for long jump with a great series of jumps at Exeter, the longest being 4.41m. He also won 3 golds at Duchy Minors where he also broke a 1979 Cornish record, running 150m in 21.1 seconds and matching the 1978 record of 10.6 seconds again in 75m.



CAC Jumps and Throws 2019

Over 50 athletes completed coming from as far afield as Wales, Exeter and Plymouth. Great to see everyone smiling despite the weather and hopefully lots of PB's achieved. Well done all!

Congratulations again go to our young athlete Micho Tao who represented CAC in the England Athletics U15 Championships in Bedford on the 1st September. Micho came 4th in the 200m final with a fantastic PB of 22.76. Well done also to Caitlin Keaney who got gold at the weekend in the U16 Target Sprint British Champs in Yate. She also competed in the U21 event and got a bronze! Fantastic results!

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**.