



Track & Field Newsletter

Welcome to the first Cornwall Athletic Club Track and Field Newsletter for 2019.

The purpose of this monthly 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 April's Newsletter please e-mail nicolabonell@hotmail.com
Many Thanks

A polite reminder that all Annual Subscriptions for membership should now have been paid for 2019. Athletes are not able to compete in the south West League unless membership is up to date. If for any reason Annual Subscriptions have not been paid please see Becky Vage on Tuesday evenings.

Hard copies of the 2019 track & field fixtures are now available in the clubhouse. Please come and take one, to remind you of forthcoming competitions. Please consult your coach regarding the competition events.

On Tuesday 5th February, Mo Pearson was presented with flowers during her regular Tuesday night U11's session for her 70th birthday.



Club chairman, Mandy Sinden and Ron Hill, Track and Field Secretary, wanted to take the opportunity to wish Mo a very happy birthday from everyone at Cornwall Athletics Club and to thank her for all her hard work and commitment to the club.

Diary Dates

CAC AGM Tuesday 12th March 2019
Redruth Charity Trust – Young Athletes Sports Awards - Sunday 12th May 2019
CAC Presentation Evening – Friday 17th May 2019

Details of the above, will be available in the clubhouse

Please make an effort to attend these events.

Ron's Corner

ATHLETE – What does the word mean?

The dictionary definition of athlete is a person trained to **COMPETE** in sports or exercise, involving physical strength, speed or endurance. Organising competitions for CAC athletes, takes an enormous amount of time and energy behind the scenes, by unpaid volunteers, coaches, officials and admin staff who gladly take on the various tasks, because competition is the only way an ATHLETE can measure improvement in their chosen event. With so many different activities available to athletes, we know it's sometimes difficult to enter every competition, but please make a big effort to take part in as many as you can, for your sake and ours.

We all hope you have a very successful 2019 track & field season. Best wishes, Ron.

CALLING ALL U17 & U20 ATHLETES.

Are you interested in competing in the Premier League of the Youth Development League this season?

If so then Mo Pearson needs to know as soon as possible. She needs to know if you are available and which events you would like to be considered for.

Dates & venues. Sunday 5th May at Swansea. Sunday 26th May at Exeter. Sunday 30th June at Cardiff and Sunday 28th July at Yate.

The last three fixtures we travel on the day but Swansea travel on the Saturday to stay overnight. Cost. £20/£30 overnight. Urgently need to know about Swansea date to ensure sufficient beds available!!

Contact details. mo.pearson1@mypostoffice.co.uk
01209 831664 07564196866.

Mo Requires your contact details & availability a.s.a.p.



Five Star Athletic Competition

On Saturday 23rd February, 28 children took part in the 5 Star Awards Scheme run by Saturday Club. The events included long jump, javelin, shot, 75/100m and 300/800 metre races. All the children enjoyed the event and there was even a guest appearance from the new CAC Bear Mascot (pictured left).

The next event 5 Star Award event will be held on Saturday 30th March, weather permitting. All welcome.

Name the Bear Competition

If anyone has a great idea what our CAC Bear Mascot should be called, please let Ron Hill know in the Club House!



New Parent Saturday Club Training Group

It has been mentioned that some parents would like to be involved in some exercise whilst their children take part in Saturday Club between 9.30- 11.30 am. If you are a parent and are interested in joining our new Parents' Group please turn up at the Club House with £3 ready for action!

CAC Coaches

Here is a list of current CAC Track and Field Coaches:

Andrew Caddy:	Speed, Level 4	Adam Hughes: Coaching Assistant
Stuart Caudery:	Jumps, Level 2	Lowenna Riley: Coaching Assistant
Nicky Cock:	under 11 athletics, Level 1	Joanna Smith: Coaching Assistant
Diarmuid Devery:	Endurance, Level 2	
Martin Gray:	Jumps, Level 2	
Herbie Hancock:	Athletics, Level 2	
Chris Jeffery:	Endurance, Level 2	
John Mitchell:	Speed, Jumps and all groups, Level 2	
Mo Pearson:	Under 11, Throws Coach, Level 4	
Ben Penberthy:	Jumps, Level 2	
Mandy Sinden:	Speed, Hurdles, Jumps, Level 3	
Shaun Sinden:	Speed, Jumps and all groups, Level 2	
Becky Trevena:	Speed, Level 2	
Mark Tunstall:	Under 13 group, Level 2	
Neil Tunstall:	Speed, Hurdles, Level 2	

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

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**.