



Track & Field Newsletter

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

Primary Schools Athletics Championships 3rd July 2019.

This was a successful event this year organised by Cornwall Athletic Club, held at Carn Brea Track. Over 200 primary school athletes from across the county in years 3,4,5 and 6 competed against their peers in a variety of different events. Thanks to Karen Robilliard for her support and enthusiasm to ensure this event went ahead. We look forward to hosting it for schools again next Summer.

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.

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.

Diary Dates

Saturday 24th August: N & P Open jumps – Sprints – One Mile & Relays Event at Par Track.

Wednesday 28th August: Years 4,5,6 & 7 Competition at Carn Brea. Register from 5.30pm.

Saturday 31st August: Saturday Club Five Star competition. Register from 9.30 am.

Sunday 1st September: South West Athletics League Match 4 – Exeter Arena.

Sunday 8th September: Duchy Minors at Carn Brea.

Entry forms are available in the clubhouse. Please ask for further information on any of the above events.

Cornwall County Athletics Championships

Saturday Athletics club members were represented well at the Cornwall County Athletics Championships at Par Track on Saturday 11th May.

Here are just a few of our young athletes and their achievements: Lara Harrold is County Champion with a new Championship record in U11 Long Jump, 2nd in 75m and 3rd in 150m. Emma Harrold came 3rd in U11 Long Jump, 6th in 600m and 5th in 150m.

Cara Ellis is County Champion in 100m. Millie Wykes is County Champion in Javelin. Tom Robilliard is County Champion in U11 Long Jump, 75m and 150m with new Championship records in Long Jump and 75m. Alfie Tai came 3rd in U11 Long Jump, 3rd in 150m and 4th in 600m. Harry Robilliard is County Champion in U13 100m and 200m, 2nd in Long Jump. The under 13 girls' relay team gained 1st place. Smiles all round!



Ron's Corner

Hi all:

We are now deep into the summer track & field season which is hard to believe, as it seems only a short while ago it was Christmas. The club has had some very good individual results from its athletes, but the turnout for competitions, particularly the South West Athletics League, which is our main club competition, has been disappointing. This means that CAC remains in eighth position out of the twelve competing clubs in the league.

Coaches have to be more pro-active in encouraging their athletes to compete in competitions, or we stand a chance of losing badly needed events for our athletes. A massive effort is needed for the last South West League match on 1st September, we need all the points we can get to stand a chance of moving up the ladder, into the position a club of our size should be.

We need athletes to maybe have a go at events they don't normally do as this is the only way we can gain valuable points to compete with the other clubs. Good luck to all our athletes in the forthcoming competitions.

Regards

Ron

South West Athletics League

On Sunday 2nd June, Sunday 7th July and Sunday 4th August, CAC athletes took place in the South West Athletic League at Exeter representing our club. Please see your coach if you are interested in representing CAC on Sunday 1st September. Pictured below are the Under 13 girls' relay team.



Saturday Club Five Star Competition

Over twenty talented young athletes took part in our last Five Star Competition on Saturday 20th July. The next Five Star competition will be on Saturday 31st August. All welcome!



Cornwall County Schools Competition

Congratulations to some of Cornwall Athletic Club's young athletes who competed on Saturday 8th June at Carn Brea. Special mention goes to Zara Mitchell who came first in the long jump and 100m sprint, Caitlin Keaney who came first in the 75m hurdles and second in shot put, Catherine Groves who came first in the 800m and second in the 300m, Erin Devery who came second in 75m hurdles and Micho Tao who came first place in the 100m and 200m races. Micho beat both the current records: one of which has stood for 40 years. A tremendous result! Zara, Caitlin and Micho then competed in the South West School's Championship on Saturday 15th June in Exeter. Zara came fifth in long jump and sixth in the 100m. Caitlin came fifth in the hurdles and eighth in shot put. Micho came first in the 100m and 200m which qualified him for the finals in Birmingham coming fourth in the 100m. CAC was also well represented at Birmingham by Lucy Hughes, Lowenna Riley and Sam Poole. Well done all of you....from all of us at CAC!

Congratulations to Caitlin Keaney who competed in the U15 Hexathlon champs in Manchester on 3rd August. This was a two-day event including hurdles, long jump, javelin, shotput, high jump and 800m.

There were 43 girls competing altogether. Caitlin came 14th in the National event and 3rd in the Midland regional champs with a pb of 2736 points. Below is a photo of Caitlin when she came first in the Target Sprint School's championship in Surrey. Fantastic achievements Caitlin!



During the last weekend of June, Fabio Z attended the Mencap National Championships in Watford. The competition was held on a really hot day, recording temperatures of 32°C. But it wasn't just the weather that was too hot to handle. Fabio achieved two PBs in Shot Put and Discus, resulting in two 1st positions and coming home with two Gold Medals. Well done Fabio, all the hard work and training is paying off. Big thanks to all at CAC and to his coaches Mo & Neil.



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**.