



WHAT A WEEKEND FOR CARDIFF ATHLETICS. WE all must have been thrilled by Usain Bolt (well I have to mention him), but also the British team. 6 medals; more than anyone could have expected (including some doubters in our own club!). BUT a FANTASTIC WIN for our men's team in the British League, which gave them the Division 2 championship and promotion to Division 1 for next year. Our women's team stayed in Division 2, which means that both our senior teams are in the top 15 in the UK. (and of course **the tops in Wales**). Our youngsters also had good seasons, (the U20s had a bit of a hard time but you watch them bounce back next summer). Simon Lawson got a **silver medal at the European Junior championships**, Rhys Williams went to **the world championships**, and did you know that Alyson Hourihan, our throws coach, got a **medal at the Master's World Championships**. We had a tremendous number of club athletes gaining medals and final placings in the South Wales, Welsh (indoors and outdoors), Welsh Schools and U.K. championships. In addition many of Cardiff A.A.C. athletes represented Wales & Welsh Schools in international matches. AND of course we had our first summer in the new stadium, with "Super 8" & the "Challenge Final" promoted here. Finally watch the Channel 4 programme "McCain Track & Field Show" on Sundays at 8.30 am (alright if you are in bed then tape it!) and watch the **opening credits, the athletes are our club members**. *Just to put things into perspective, at the athletics world championships there were 19 countries with gold medals, 36 countries with medals and a whopping 231 countries competing. How many (decent) cricket playing countries are there in a cricket world championship? (Eng. Aus. NZ. WI. Pak. Ind. SrL. SA. Zim.) So it's nine, a dozen at the most, same for rugby (union that is - RL even less), in swimming and cycling it is virtually the same story. Along with soccer, **Athletics is the TRUE World Championships**. [As for the Commonwealth Games, how many commonwealth countries produce quality competitors in other sports such as swimming, cycling? Yes, I am having a go at other sports, but I get so angry when the media attack our sport of athletics, when comparison with other sports is not 'on a level playing field' so to speak!,*

YES THIS IS THE LAST EDITION OF THE CLUB NEWSLETTER

However it is not the end of a club news and information 'communication'. As I said in the July newsletter, the club website has taken over many of the roles of this newsletter. I do understand that not everyone has access to the club website, but after SEVEN YEARS of this format for a newsletter there is a need for some changes. From September we will have a bi-monthly new style 'magazine'.

Watch out for the launch of "ATTITUDE" in September, the new Cardiff A.A.C. magazine. Why "Attitude"? Because I believe that the right 'attitude' is the most important thing an athlete needs to get the best out of themselves, and more on that in the 1st edition!!! As always articles are welcome, especially from our young athletes. How about a "for sale" section, where you could sell on your old athletics gear etc., a "questions" page, and articles about/by our top athletes? *Please let me know.* QUESTION: WHICH CLUB ATHLETE HAD THE BIGGEST IMPROVEMENT IN HIS/HER PB THIS YEAR? Let me know how much you improved by. Prize for the best improver!!!

*****T.R.A.C.K. R.A.T.S. starts up again on Thursday 24th September. 6 – 7 pm.*****

CARDIFF ARE THE CHAMPIONS OF BRITISH ATHLETICS LEAGUE DIVISION 2

We won the final match by a massive 50.50 points and Cardiff AAC were crowned champions, AND OF COURSE GAINED PROMOTION TO Division 1 for next year. It was good to see Christian Malcolm winning both the 100m and 200m (in 21.02) which subsequently won him the BAL 'Athlete of the Match award', (*but in a way sad as it meant that for the first time in a number of years he wasn't at the world championships, -but he will be back next year I am sure and you can quote me on that*). Our team was inspired, Gareth Warburton had a winning double, (400m & 800m), Joe Thomas, James Thie, Chris Discombe, Gareth Wiltshire (who has really come to the fore this year), Luke Morgan, Matt Ledger, Lewis Long, and of course the fantastic David Guest, our answer to Jessica Ennis (not sure David will like that comparison, our answer to Daley Thompson perhaps better!!!) all winning events.

Looks like BAL Div 1 next year will be teams from Cardiff, London, Gateshead, Manchester and Sheffield, some travelling to do guys, but that is a UK league!

Talking of travelling we will be opening up that subject in "ATTITUDE" magazine, how far do you think it is fair, feasible to travel for your league matches???

Of course that raises the question or is it a problem of finance?

Please join the Monthly Draw, if half the club members joined we would raise over £3000, YES £3000

Magazine one

Have you tried the "spikes" magazine? Go online to www.SPIKESMAG.COM IT IS WORTH LOOKING AT.

Magazine Two

"Athletics Weekly" are doing a number of special offers for subscriptions. Buy a copy to see, or see me.

CROSS COUNTRY FIXTURES

Gwent League

This is for all age groups and all abilities. If you want to run cross-country, then see the Team Managers. It would be great to see the Gwent League totally awash with Cardiff blue, red & white vests!

Cross-country is tremendous winter training for virtually every track & field event, so get out there.

Interesting debate on the TV about why no British marathon runners in the World Championships. If the reasoning is that no-one would be good enough to get an individual medal, surely we should look to the fact that in the Marathon a country can enter 5 athletes with 3 to score as it is also the 'World team Championships', and of course imagine what it would do to our runners in the UK if they thought they might get selected for the "Worlds". If that is the thinking why send sprinters as they surely ain't going to beat Usain. But of course that is not the point, is it?

Hey endurance runners, I am supporting you and putting your case forward, I know we (jokingly) take one at each other sometimes but this is serious.

Go M.A.D. with C.A.A.C.

I will join the "Go M.A.D. with C.A.A.C" fund raising 'monthly draw',

- (a) £2 the 1st of each month
- (b) £24 annually starting on the 1st June 2009
- (c) *Cheque enclosed [£24 for one year]*

NAME:

Address

Return to: DAVID HAWTHORN, 20 PEN YR ALLT, WATFORD PARC, CAERPHILLY CF83 1NP.

Name:.....

TO: Bank Name:

Address:

Account Number:

sortcode:.....

Please pay a STANDING ORDER of

(a) £2 the 1st of each month **OR**

(b) £24 on the 1st June 2009 & then annually.

To: **"Cardiff Amateur Athletic Club"**

acc. no: **02567-186** sortcode: **23-85-86**

Allied Irish Bank, 2 Callaghan Sq. CARDIFF CF10 4AZ

SIGNED.....

M.A.D. WINNERS FOR July

1st Kath Elias

2nd John Penny

3rd Alyson Hourihan

COME ON -Join up for the monthly draw, the more in it the better the prizes.

Extra prizes too!!!

September: Cardiff/Wales vest signed by our international athletes.

October: tickets for Cardiff Blues match.