



Cardiff A.A.C.



June 2009

No. 81

Cardiff's athletes shine in the rain

What a weekend for Cardiff AAC athletes. Over **150** athletes of all age groups, under 11 years to Seniors (9 years to 39 years!) competed over the weekend June 6th/7th. These performances showed again that Cardiff A.A.C. - Wales' leading athletics club is also one of the leading clubs in the U.K. In a joint men's & women's home fixture, the first league matches at the recently opened new Cardiff athletics facility, the senior men's team competing in the British Athletics League Div.2 had a resounding win in the first match of the season, and now look to further success and promotion. The senior women came a fabulous fourth in the U.K. Women's League Div 1, securing a position in the top ten of U.K. athletics. Also on Saturday the Young Athletes Team competed in the Welsh Junior League at Hereford. On Sunday at Newport 43 of our juniors competed in the Welsh Junior Championships, coming home with 30 medals. We have also recently had the National Young Athletes League, the Welsh Senior League and of course the South & East Wales Area championships -with buckets full of medals. The season is taking shape, our young athletes have put themselves into a commanding position looking good for promotion and a return to the premier division, the Juniors have had a difficult start with some unfortunate timetable clashes and injuries, but are looking to really get back on track (pun intended!) for the remaining matches and now the seniors have really shown we are a top flight athletics club in the U.K. *On the club front we have started the Monthly Athletics Draw, but still need more to sign up to this 'painless' (£2 a month!), 'easy' (just pay) but 'full of prizes' (at least 3 each month) scheme, just send the reply slip to me. [3 prizes a month]. So far we will raise a minimum of £300 this year, with 100 members that will be £2,400!!!* Congratulations to John Lister for the club website, -have you visited it yet?) Do let me know of your success in schools' athletics and of Personal Bests, your name could be a headline here!!!

DO NOT FORGET

WELSH CHAMPIONSHIPS : U13/U15 SUNDAY 11TH JULY Cardiff CLOSING DATE Friday 3rd July

CLUB VESTS & MERCHANDISE

WILL **NOT** BE ON SALE
MON 22ND & THURS 25TH JUNE
[Enfys away on holiday]

But remember

**CLUB VESTS (£18) are on sale
most MONDAYS -** And

ON Thursdays ORDERS TAKEN FOR:

Track-Suits; Adult £40, Youth/ Child £35

Training T's; Adult £15, Youth/ Child £13

Hoodies; Adult £20, Youth/ Child £15

Spike-bags; £4.50 Boot -bags £6.50

FUTURE LEAGUE FIXTURES

WELSH JUNIOR LGE. U11/U13/15

25th July

WELSH SENIOR LGE. U17/U20/Seniors

28th June: 25th 12th July: 8th August

NYAL (U13/U15/U17)

21st June: 19th July

N Jun L (U20 & some U17s)

26th July CARDIFF

BAL (senior men)

July 4th: August 1st: August 22nd

UKWL (senior women)

July 11th: August 9th

VISIT OUR NEW WEBSITE AT www.cardiffaac.org

WELSH CHAMPIONSHIPS U20/U17

Under 20 Men:

Gold: Gareth Hopkins (100m & 200m); Sam Conway (400m); Alex Ezechi-Obiako (Triple Jump); Jacob Matthews (Shot Put & Discus); Rhys Hodnett (Hammer).

Silver: Chris Howe (100m); Thomas Knight (200m); Nat Felvus (400m); Declan Evans (800m); Joseff Whitmarsh-Knight (2000m s/c); Lewis Long (High Jump).

Bronze: Chris Howe (200m); Joshua Williams (Javelin).

Under 20 Women:

Gold: Lauren Regan (800m); Elinor Lewis (Pole Vault).

Silver: Leah Dixon (1500m).

Under 17 Men:

Gold: Daniel Sharrem (100mH); Jacob Brennan (400mH); Lewis Newton (Pole Vault).

Silver: James Wiltshire (400m).

Bronze: Jacob Brennan (Triple Jump); William Singer (400mH & Javelin).

Under 17 Women:

Gold: Mica Moore (200m); Sam Cogan (300m).

Silver: Jamie-Leigh Bowen (200m).

Bronze: Lucy Harvey (800m); Sara Otung (High Jump).

Also competing (medals next year!)

Shaleena Graham, Jessica McDonald

Gwenllian Williams, Lauren McCarthy

Aimee Hendrickson, Hannah Morris

Bethan Daw, Megan Thomas

Joe Mclean, Osian Hughes

Jon Pengelly, Alex Coomber,

James Hunt, Gareth Jones,

Joseff Whitmarsh-Knight, Darren Jones

Stefano Falsini, Luke Morgan, Jamie

Gutteridge, Amber Vincent

Hannah Clarke, Danielle Mill

newcomers Barry Upton & Lloyd Rice and new senior Liam Duff, then Tom Miller & Joe Maynard (400m) kept good points coming in the sprints. Middle distance –well Gareth Wiltshire, James Nasrat [1st in 800 'a' & 'b'] James Mills, Harry Jones Nasrat [1st in 1500 'a' & 'b'] and Tom Marshall with Nat Lane Nasrat [2nd & 1st in 5000 'a' & 'b'] set us on our way. Then of course new team member David Guest (a 1st year junior) won his first ever race over the 110m senior hurdles along with a 7m+ win in the long jump. Chris Discombe & Andy Friend completed the track rout of the other teams (2nd & 3rd 3000m steeplechase). David Coleman, with Gareth Bull making a welcome return, (discus) took out the throws. Matt Ledger had an "easy" day for him [110mH, hammer, high jump, javelin, shot, triple jump] what a points machine!

The absolutely fantastic win in the 4 x 400m relay where Gareth Warburton, Joe Maynard & Barry Upton put Phil Doorgachurn into a lead that saw him produce a magnificent finish to finish on a famous victory. We look forward to your remaining three matches guys.

UK Women's' League

Cardiff ladies came a superb 4th in their Division One match, also at Cardiff.

Appearing to be hit by injuries and late withdrawals, the team came through with colours flying.

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.

British Athletics League

The senior men's team came away with a **resounding victory** in the 1st BAL match of the season, and our home match. Actually leading by 50 points for much of the match, the men started the season in such a way that we are daring to think of promotion back up into division one! (no pressure guys!). Although a number of our top international athletes were out through injury or fixture clash, the team produced an excellent performance. Rhys Williams won the first track event (400m H) and with young Jamie Gutteridge coming 2nd in the 'B' race we were away. Now a stalwart Phil Doorgachurn, with

Name:.....

TO: Bank Name:

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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.....