**News Archive 2009**

Below is a copy of the news feed for 2009 from Cardiff AACs old website.

[**Don't miss the closing dates**](http://www.cardiffaac.org/news/dontmisstheclosingdates.htm) **Thursday 29 December 2011**

[](http://www.cardiffaac.org/news/dontmisstheclosingdates.htm)

The closing dates for the 2012 Welsh indoor championships are rapidly approaching so be careful not to miss them. The first closing date is 5th January 2012. Indoor championships are a popular way to gauge how winter training is going and to prepare for the 2012 season. Championship medals are also a good incentive. Full details of the events, timetables, etc. can be found on the Welsh Athletics website. Click on More.. for a direct link.

Click on [**INDOOR CHAMPIONSHIPS**](http://www.welshathletics.org/competitions/events/track--field/2012/01-jan/indoor-20112012.aspx) to go directly to the relevant Welsh Athletics  page.

The Championshp and closing dates are as follows:

**Saturday 21 January:**   
Under 17 (closed) and Under 20 (open) 800m championship.  
Closing date for entries:  5 January

**Saturday & Sunday 21 & 22 January:**Under 13 & Under 15 (closed) and Senior (open) championships.  
Closing date for entries:  5 January

**Sunday 29 January:**Under 17 & Under 20 & Senior open 3000m championships.  
Closing date for entries:  12 January

**Sunday 5 February:**Under 17 (closed) & Under 20 (open) Championships.  
Under 15 (closed) 3000m championship.  
Closing date for entries:  19 January

[**A HAPPY CHRISTMAS**](http://www.cardiffaac.org/news/ahappychristmas.htm) **Friday 23 December 2011**

[](http://www.cardiffaac.org/news/ahappychristmas.htm)

Cardiff AAC hopes that all our members and friends will have a very happy Christmas and we wish you a successful 2012. Normal club nights will resume on Thursday, 5th January and the canteen will re-open the following Monday Would you like to help us next year? If so, read on.

As a completely voluntary organisation (we have no paid staff), the club depends entirely on many who give up much of their time to help and, without these marvellous people, we could not exist.

There are athletes to coach, teams to organise, the canteen to man (or, perhaps, woman), fixtures to organise, money to be raised and managed, administration to be taken care of, and many other unseen tasks that keep the club ticking over. There are never enough helpers and, with a growing membership, more helpers are needed and will be welcome.

It can be very rewarding to be part of a long established and respected organisation that makes an important contribution to the sporting lives of Cardiff and Wales, not to mention playing a significant role in the lives of young people

If you are interested in offering a few hours of your time in a good cause, please do not hesitate to get in touch with the club (any of the officials can be contacted) where you will be assured of a warm welcome.

Could it be your New Year's Resolution?

[**Melanie to carry torch**](http://www.cardiffaac.org/news/melanietocarryolympictorch.htm) **Tuesday 20 December 2011**

[](http://www.cardiffaac.org/news/melanietocarryolympictorch.htm)

Cardiff's Melanie Stephenson has been chosen as one of lucky ones to carry the Olympic torch for part of its journey from Olympia in Greece to the opening ceremony of the London Olympic Games. Melanie, who is one of the club's most loyal sprinters, coached by former international 400m runner Mark Thomas, is also diabetic and was nominated for the honour by Diabetes UK Cymru for her volunteering work.

Melanie will carry the torch for 300m between Worcester and Cardiff on May 25 next year and when she heard of her honour, was overjoyed. She said:

“Words cannot describe how excited I am. I remember I was on holiday in Tenerife when Diabetes UK rang me to say they were nominating me. Being a torchbearer will help me speak to more people about diabetes and about topics like having diabetes with sport.” But juggling diabetes and a strict training regime has not been easy.   
Melanie, who does between seven and 10 training sessions very week, began treating her diabetes with an insulin pump three years ago. The mobile phone-sized device constantly infuses fast-acting insulin into the body, instead of having injections.  
   
She said: “It’s been really, really difficult if I’m honest. I had to take tablets and an awful lot of injections until I made the transition to the pump. I used to find because the insulin wasn’t working so well, even if I wasn’t doing long distance, I just felt so lethargic and thirsty all the time and have no concentration. I am doing a lot better on my insulin pump now.”   
Dai Williams, National Director of Diabetes UK Cymru, said: “We nominated Melanie as an Olympic torchbearer to thank her for everything she has done as a Diabetes UK Cymru volunteer. “She has given up her time to give talks to parents of children with the condition, volunteer at our events and talk to the media to help raise awareness and understanding of Type 1 diabetes.”

[**Cardiff athlete is top doctor**](http://www.cardiffaac.org/news/formercardiffathleteistopmilitarydoctor.htm) **Monday 19 December 2011**

[](http://www.cardiffaac.org/news/formercardiffathleteistopmilitarydoctor.htm)

Current members will not know him but Paul Evans was an international sprinter and club member who has just been appointed to the highest position in the country's military medical service. Paul joined the RAF from school and qualified as a doctor. He is now the Surgeon-General and responsible for all medical services throughout the British armed services. Given the country's recent and current activities in Irag and Afghanistan, this is a very important position indeed. Paul was a member of the club in the late 1960s and has retained his love of athletics ever since. He is currently the President of the RAF Athletics' Association.

He was interviewed about his life and career and one question is interesting and revealing:

Q. What has been your proudest moment to date?

A. One would be in athletics. I was the British Indoor 60 metre champion at both under 17 and under 20. Secondly being appointed as Director General Medical Services RAF and subsequently Comd JMC. Any doctor who joins the RAF aspires to be the boss of their own service! However, out of work, being a father to my daughter!

Paul's father and mother were Bill and Kath Evans who both made huge contributions to athletics at club, Welsh and, in Bill's case, international levels. Between 1970 and 1986, Bill held the positions of Secretary, Chairman and President and Kath was Chairman for a period.

Many congratulations to Paul.

[**Inter regional cross country**](http://www.cardiffaac.org/news/interregionalcrosscountry.htm) **Sunday 11 December 2011**

[](http://www.cardiffaac.org/news/interregionalcrosscountry.htm)

The Welsh Inter Regional cross country championships were held at Builth Wells yesterday, 10th December. Everyone who took part deserves to be congratulated as the course was a tough one and it was freezing cold all day. In fact when the team bus arrived at the course it started snowing! The ground started off frozen but as the day wore on it started to thaw and just became churned up by all the runners.

Jake Heyward won again, taking the under 13 boys' race and leading the South Wales team to the title. The team three Cardiff AAC athletes; Jake Heyward (1st), Aeron Evans (5th) and Joseph Alder (18th).



**Under 13 team**

The South Wales under 15 boys' team (pictured on the home page) also won and contained six Cardiff AAC athletes; John Cove (who finished 4th), Ciaran Lewis (6th), Dafydd George (12th), Nick Jones 13th), Rhys Gooch (15th) and Lewis Brunt (16th).

Making it three team wins was the South Wales under 17 men's team which contained seven Cardiff AAC athletes; Mike Ward 3rd), Jack Gooch (7th), Sam Longville (9th), James Hunt (11th), Tom Bevan (17th), Jacob Preece (21st) and Rory Heslop (23rd). Mike Ward took the individual bronze medal.

In the senior women's race, former club captain Debbie Rees took the individual bronze medal, with Michelle Allen 5th and her twin sister Natalie 14th.

In the under 17 girls' race, Rebecca Evans was 4th, Ana Morris 11th and Clare Harwood 16th.

In the under 15 girls' race, Kate Seary finished 7th, Rosa Yates 10th, Megan Tatnell 13th, Alice Broadley 18th, Erin Hayes 21st, Rosie May Thompson 25th and Joe-Dianna Grabham 27th.

It was really good to see so many excellent performances for Cardiff AAC athletes as part of the South Wales teams.

To view the full results click on [**RESULTS.**](http://caac.einfinity.co.uk/files/2011ResInterRegionalalterednoMasterpublish.pdf)

[**Juniors fly the flag**](http://www.cardiffaac.org/news/juniorsflytheflag.htm) **Saturday 10 December 2011**

[](http://www.cardiffaac.org/news/juniorsflytheflag.htm)

As the senior men's team slipped back to 4th place in the Gwent Cross Country League, the juniors produced further good performances at Singleton Park, Swansea last Sunday 4th December. Jake Heyward continued his winning form to take the under 13 boys' race and, in the under 15 boys'race, John Cove and Ciaran Lewis finished in 2nd and 3rd spots respectiveley, to ensure that the team stays on top. The club's B team in this age group is lying 4th.

John Cove and Ciaran Lewis are lying in first and second places in the overall individual rankings.

The under 17 men's team is also holding the top position after three rounds with Mike Ward and Jack Gooch finishing in 4th and 5th respectively. Mike is second ranked individual and Jack is fourth.

In the Novice Girls race, Lucy Dennis finished first, Alisha Hayes third and Sophia Vella fifth. The team is lying in second place.

Emma Lighthart finished fourth in the under 13 girls' race and the team is third, the same as the under 15 girls' team.

The next round will be held on 11th February in Brecon and further good performances can consolidate and improve the club's standings.

Well done to all.

[**Help from Lucozade**](http://www.cardiffaac.org/news/helpfromlucozade.htm) **Tuesday 6 December 2011**

[](http://www.cardiffaac.org/news/helpfromlucozade.htm)

As part of his support to the club, Lucozade's Sports Scientist Tom Barton will be available to provide club members with nutritional advice and fitness testing. The Lucozade Sport Science Team (LSST) works across a wide range of sports from grassroots up to elite level and Lucozade is the Official Sports Nutrition Provider to UKA. As a part of this relationship, Cardiff AAC was chosen to receive the support of a Lucozade Sport Scientist this season.

Look out for Tom around the club if you have any sports science and nutritional questions.

In conjunction with regular visits delivering sports nutrition education and fitness testing, Tom will also be offering discounts on all Lucozade products and bringing a number of nutrition-based articles.

He starts with the importance of hydration and to read more please click on [HYDRATION.](http://www.cardiffaac.org/files/Hydration%20-%20Cardiff%20AC.PDF)

[**Gwent League 3**](http://www.cardiffaac.org/news/gwentleague3.htm) **Monday 28 November 2011**

[](http://www.cardiffaac.org/news/gwentleague3.htm)

The third round of this season's Gwent League takes place at Singleton Park, Swansea on Sunday next, 4th December. The first event (novice girls) sets off at 12.00 with the senior men's race bringing the day to an end at 2.50pm. After two rounds, Cardiff teams are leading the under 15 and under 17 boys and senior men's rankings and are well placed in all other age groups. With a good turn out in Swansea, we good do even better.

The complete timetable is as follows:

12:00:   Novice Girls -  1.4k (Start-AGHS-Finish)     
12:06:   Novice Boys -  1.4k (Start-AGHS-Finish)     
12:15:   Under13 Girls -  2.8k (Start-ABCDEFDCGHS-Finish)     
12:30:   Under13 Boys -  2.8k (Start-ABCDEFDCGHS-Finish)     
12:50:   Under15 Girls -  3.8k (Start-2x(AGHS)-ABCGHS-Finish)     
13:15:   Under15 Boys -  3.8k (Start-2x(AGHS)-ABCGHS-Finish)     
13:40:   Senior Women -  5.4k (Start-2x(ABCDEFDCGHS)-Finish)     
14:05:   Under17/U20 Men -  5.4k (Start-2x(ABCDEFDCGHS)-Finish)     
14:20:   Under17/U20 Women -  4.9k (Start-ABCGHS-ABCDEFDCGHS-Finish)     
14:50:   Senior Men -  9.3k (Start-3x(ABCGHS)-ABCDEFDCGHS-Finish)     
  
Athletes wishing to compete should inform the relevant team manager as soon as possible.   
  
Team Managers for the 2011-12 season are:

Senior Men:  Alex Donald (mobile: 07740 471573)  
Senior Women:  John Penny (mobile: 07816 654741)

Men up to 20:  Kay Chapman (mobile: 07749 716151)  
Women up to 20:  Ceri Morris (mobile: 07817 275633 - text only)

Kay Chapman will be at the club room on Thursday next.

To view the Course Map please click [**HERE.**](http://caac.einfinity.co.uk/files/Gwent%20Lg%20map%20Dec%202011%20Swansea.pdf)

[**2011 AGM**](http://www.cardiffaac.org/news/2011agm.htm) **Thursday 24 November 2011**

[](http://www.cardiffaac.org/news/2011agm.htm)

The club's Annual General Meeting was held in the club room today, 24 November, to hear about the results of the past year and to look forward to the future. A popular decision was taken to elect Kay James as President and, after the formal business was over, Roger Grindle was presented with his Welsh Athletics' meritorious award by Welsh Athletics President John Penny.

Retiring chairman Peter Lane, in his annual report, described the preceding year as mixed, with successes for the younger teams balanced by the disappointment of the senior British League and UK Womens' League teams finding life in the Premiership divisions too tough.

Peter expressed his gratitude to all those who had assisted him during the past two years and paid tribute to everyone who contributes to the continuing organisation and high standing of Cardiff AAC. He mentioned the recent appointment of Liz Taylor and was sure that she would be a great help to the further development of the club.

Treasurer Graham Webb was able to present a healthy financial position but warned that, with ever higher travel costs, next year could be quite difficult as two major sources of income would not be repeated.



Kay James' election as President was a fitting recognition of the many years of hard work that she has given, not only to the club but also to the region and to Welsh Athletics. She joined the club in 1981 and is the first woman to become President.

[**Elizabeth (Liz) Taylor**](http://www.cardiffaac.org/news/elizabethliztaylor.htm) **Tuesday 22 November 2011**

[](http://www.cardiffaac.org/news/elizabethliztaylor.htm)

We shall be seeing a lot more of a new face that has been seen at the club recently. Liz Taylor has recently taken up a position with Welsh Athletics as the Club Network Officer for South East Wales with special responsibility for assisting clubs with their development and has already created a good working relationship with Cardiff.

In addition to Cardiff, Liz has responsibility for Aberdare AAC, Barry & Vale Harriers and Bridgend AC and will work with these four clubs as well as the six local authorities and two schools districts that fall within her area.

She will be working closely with the clubs and all key partners to assist them with a structured approach to the development of athletics locally. One of her objectives is to support and build up long term good relationships between clubs and schools.

Cardiff AAC has long recognised the need to support all our volunteers and to encourage others to come and help. We should like to have a specific "Volunteer Coordinator" who is a 'recognised point of contact' within the club and can also work with Liz to develop the role. Volunteers are the lifeblood of the club and we are sure that Liz will prove to be a very valuable help to us.

We are very fortunate that we already have so many excellent people willing to put in many hours as coaches, team managers and administrators; but we can always do with more, especially as our membership is growing and is currently bigger than it has been for many years. By taking advantage of Liz's services and utilizing schemes such as Clubmark, we can continue to grow and become even more successful.

Liz comes with a background of good experience in a local authority and a keen interest in sport. She is clearly determined to make a success of this new challenge and we wish her every success.

She attended our general committee meeting recently to explain her role and said:

"I look forward to working alongside you all  and I want to ensure that club to school links go from strength to strength; what better legacy will there be from 2012 than an extensive network of  clubs offering high quality athletic opportunities for young people, supported by a valued and ever growing volunteer workforce."

A warm welcome to Liz.

[**Accolade for Cardiff**](http://www.cardiffaac.org/news/britishleagueaccoladeforcardiff.htm) **Saturday 19 November 2011**

[](http://www.cardiffaac.org/news/britishleagueaccoladeforcardiff.htm)

Cardiff has been named as the British Athletic League's Divisional Match of the Year for its hosting of the Premiership match on 4th June. This award is in recognition of the quality of the organisation and facilities in Cardiff and is a tribute to Debbie Bull and all those involved.

The three other venues in contention were Copthall, Manchester and Newham.

It is well known that clubs like to come to Cardiff because they know that not only is the stadium one of the best in the country for club competition but that the organisation will be good and, most importantly, they receive a warm and hospitable welcome.

Congratulations.

[**Helen is coach of the year**](http://www.cardiffaac.org/news/heleniscoachoftheyear.htm) **Wednesday 16 November 2011**

[](http://www.cardiffaac.org/news/heleniscoachoftheyear.htm)

Cardiff coach Helen James has beaten off rivals from netball and karate to be crowned Welsh Sports' female coach of the year. This accolade was announced at the annual presentation ceremony held in Cardiff today and is richly deserved.

Helen, who was an outstanding sprinter herself, coaches a group of athletes ranging from age 11 to senior level, competing over 100m, 200m and 400m.

Under her guidance, under 23 athlete Gareth Hopkins is the current Welsh indoor senior 200m champion and was selected to run for Wales at senior level indoors and outdoors in 2011. Others in Helen's squad include Gareth Price, Ryan Cooper, Lara Durrani and Anex da Silva all of whom have represented Wales this year.

She goes above and beyond coaching for her athletes, providing them with emotional support and motivation to achieve their goals in sport.

Helen was awarded a Life Membership of Cardiff AAC in 2010 and has also received a meritorious award from Welsh Athletics for services to athletics.

Congratulations Helen.

[**Joe leads Cardiff to top**](http://www.cardiffaac.org/news/joeleadscardifftotop.htm) **Tuesday 15 November 2011**

[](http://www.cardiffaac.org/news/joeleadscardifftotop.htm)

Cardiff's senior men's team went to the top of the Gwent League team rankings after the second round race held at Bath University last Sunday, 13th November. Joe Thomas, getting in some good winter conditioning, was the first Cardiff scorer, in seventh place, a big improvement on his 23rd placing in the first round. Completing Cardiff's scorers were James Mills (9th), Nat Lane (14th), John Peters (16th) and Elsidig Ibrahim (30th).

Conditions for the race were near perfect, with a sunny mild day and a firm course, made for fast running on the downward slope, with a long drag back up the course on a gradual uphill climb.

October's athlete of the month, Jake Heyward, won the boys' under 13 race, repeating his win at Bridgend. The under 11 girls' race was won by Lucy Dennis who has recently joined the club.  
  
To view the official results, click on [**RESULTS.**](http://gwent-league.org.uk/2011/res112.htm)

Elsewhere Cardiff athletes also competed in the Bristol Cross Challenge. Great Britain Under 23 International Adam Bitchell finished 18th with his team mate and training partner Ieuan Thomas 22nd in the men's race. In the ladies' race Charlotte Arter continued to show progression in the senior ranks taking 10th place against some of the best athletes in the country. James Hunt was 18th in the Under 17 Boys' event. In the Under15 Girls' race Rosa Yates was our highest placed athlete finishing 7th, with Kate Seary 18th.

[**Gwent League 2**](http://www.cardiffaac.org/news/gwentleague2.htm) **Tuesday 8 November 2011**

[](http://www.cardiffaac.org/news/gwentleague2.htm)

The second round of this season's Gwent League takes place at Bath University on Sunday next, 13th November. The first event (novice boys) sets off at 11.30am with the senior men's race bringing the day to an end at 2.30pm. Athletes wishing to compete should inform the relevant team manager as soon as possible.

**Team Managers for the 2011-12 season are:**

Senior Men:  Alex Donald (mobile: 07740 471573)  
Senior Women:  John Penny (mobile: 07816 654741)

Men up to 20:  Kay Chapman (mobile: 07749 716151)  
Women up to 20:  Ceri Morris (mobile: 07817 275633 - text only)

**The complete timetable is as follows:**

11.30am:  Novice Boys -   1.9k -  1 Small lap     
11.35am:  Novice Girls -   1.9k -  1 Small lap     
11.40am:  Under 13 Boys -   2.8k -  1 Large lap     
11.55am  Under 13 Girls -   2.8k -  1 Large lap     
12.10pm:  Under 15 Boys -  3.9k -  2 x Small lap     
12.25pm:  Under 15 Girls -   3.9k -  2 x Small lap     
12.45pm:  Senior Women -   5.9k -  3 x Small lap     
1.15pm:  U17/U20 Women -   4.7k -  1 Small lap + 1 Large lap     
1.40pm:  U17/U20 Men -   5.9k -  3 x Small lap     
2.00pm:  Senior Men  10.3k -  1 Small lap + 3 x Large lap     
  
To view the Course Map please click [**HERE**](http://www.cardiffaac.org/files/Course%20map%20Bath.pdf).     
  
**Directions from M4:**  
  
Follow the M4 to Junction 18.  
Take A46 towards Bath for about 8 miles.  
At roundabout with A4 take third exit A4 for 1 mile.  
Bear left (South) onto A36 (Cleveland Place) for 0.3 mile.  
At roundabout take second exit onto A36 (Sydney Place) for 0.2 mile.  
At roundabout take first exit onto Bathwick Hill for 1 mile.  
Continue on Oakley for 0.2 mile.  
Bear left (East) onto Claverton Down Road for 0.1 mile.  
At the University, follow the signs to EAST CAR PARK

Please Note that when you enter the University please park in the East Car     
Park, where there is no charge on Sundays. The course is at the end of the car     
park.

[**Serita improving**](http://www.cardiffaac.org/news/seritaimproving.htm) **Thursday 3 November 2011**

[](http://www.cardiffaac.org/news/seritaimproving.htm)

Former Cardiff athlete Serita Shone, who was involved in a serious bobsleigh crash a week ago, is showing signs of improvement although it is likely to be a long and slow process. Serita competed for Cardiff's UK Women's League team as a higher performance athlete and was a heptathlete before switching to the bobsleigh. She was a poplular and versatile member of the team and we wish her well.

The accident occured during training for the British Bobsleigh Championships in Winterburg, Germany and apparently the bobsleigh came off the track at high speed near the bottom of the run.

Unfortunately, Serita fractured her back but was in a stable condition in hospital after surgery.

Serita, who is  22 and from Dorset, had only joined the bobsleigh squad last month after switching from athletics.

Her spokesman Ben Clatworthy told BBC Sport: "Serita is a very determined athlete who wants to succeed in everything she does and had recently been selected for the British bobsleigh team.

"Bobsleigh is described as Formula 1 on ice and, like Formula 1, it can never be 100% safe. Our thoughts are with her and her family and friends at this time."

A statement from the British Bobsleigh Association two days ago said that:

"Serita Shone has undergone further surgery today and is recovering in a German hospital. Her family and a coach from the GBR Bobsleigh team are at her bedside. A spokesman from the hospital has confirmed that the surgery went well but said that the rehabilitation will be a long process. Serita's condition is described as "comfortable".  
  
Performance Director Gary Anderson said "We are all thinking of Serita. She was in the operating theatre for a long time but I understand the surgeons are satisfied with the operation. I am told she will be in some discomfort and receiving medication to relieve the pain. All the GBR staff and athletes thoughts are with Serita and her family".

[**More awards for Cardiff**](http://www.cardiffaac.org/news/abcd.htm) **Tuesday 25 October 2011**

[](http://www.cardiffaac.org/news/abcd.htm)

At last Saturday's Welsh Athletics AGM, held in Llandrindod Wells, several Cardiff members were honoured for their services to athletics in Wales. Dave Hawthorn (pictured receiving his award from Welsh Athletics President John Penny) was the Participation Coach of the Year, Graham Finlayson the Off Track Official of the Year, whilst Roger Grindle and Dic Evans were granted Meritorious Awards and Clive Williams received his Award of Honour that had been announced last year.

**Participation Coach of the Year – DAVID HAWTHORN**  
   
David has been coaching for over 30yrs, 20 of those years as a Welsh Athletics National Event Coach and Welsh Team Manager. 2011 has seen many of David’s athletes achieve some of Wales’ highest ranked athletes on the Power of 10 League Tables; also, all of David’s athletes reached Welsh Championship finals collecting many medals along the way. Dave has been a stalwart of the club as coach and team manager and founded the Track Rats that has gone from strength to strength.



**Off Track Official of the Year – GRAHAM FINLAYSON**

Graham has given a lifetime to endurance running in Wales where his passion as an athlete has overflowed into organising events for many years now. He was the founder of the Cardiff 10K 26 yrs ago and more recently of the Cardiff Cross Challenge, now in its 15 year. Graham has been a pillar of the endurance community and has also received a BEM  for his contribution to the Territorial Army and this award is richly deserved.



**Meritorious Award - ROGER GRINDLE**

Roger joined the club some fifteen years ago with his children and gradually developed an interest in coaching throwing events. He is a UKA Grade ll qualified coach. He is also a qualified official and is an ever present  when needed to help out at competitions. Roger is one of the unsung heroes of the sport and this award is richly deserved. He will be presented on a future occasion.

**Meritorious Award - DIC EVANS**

Dic has been a member of the club for very many years and, as an athlete, was an important member of the all conquering British League team in the 1970s as a steeplechaser. For the past 30 years he has been heavily involved in coaching and development in Aberystwith but still competes and, eighteen months ago, won the gold medal in the World Masters (60-65) half marathon championship in Canada.

**Award of Honour - CLIVE WILLIAMS**

Clive's award was announced at the 2010 AGM and he was presented with it last Saturday. Clive has contributed a prodigious service to athletics at all levels and thoroughly deserved his Award.

**Wilkinson Sword - CARDIFF AAC**

This award is made annually to the club that achieves the most successes in the Welsh Championships.



 The club is very proud of these achievements. Congratulations to all.

[**False start rule vindicated**](http://www.cardiffaac.org/news/falsestartrulevindicated.htm) **Monday 24 October 2011**

[](http://www.cardiffaac.org/news/falsestartrulevindicated.htm)

It is most unlikely that the IAAF will change the false start rule despite the controversy over Usain Bolt's disqualification in Daegu. This is because the number of false starts at the 2011 IAAF World Championships in Daegu, Korea (27 Aug to 4 Sep) declined dramatically when compared to the average for the three global championships that took place immediately before the introduction of the current rule.

The current False Start Rule  states that  “Except in Combined Events, any athlete responsible for a False Start shall be disqualified” It was introduced in 2009 and took effect from 1st January 2010, for the benefit of athlete and spectator alike, in order to reduce the time taken to get races underway; a clear cut system which also reduced the possibility of gamesmanship by competitors.

Daegu 2011 was the first senior outdoor IAAF World Championships at which the new False Start Rule was applicable, and the debates of 2009 were reignited very publically on Sunday 28 August when at 20:43hrs the world’s fastest man and defending World champion Usain Bolt was disqualified from the 100m final for false starting.

Throughout the IAAF’s position has remained clear, that a sport’s credibility depends on its rules, and they must be applied consistently and fairly for ALL athletes. As President Diack reiterated to Reuters news agency in Daegu there was “no chance” of a change; “I work for this rule. I like very much this rule, I vote for having this rule”.

Furthermore, comparison between Daegu and the three previous global championships before the Rule was changed clearly shows it to be working. The average number of false starts in the two IAAF World Championships (2007 and 2009), and the Olympic Games (2008) before the Rule changed was 28, while the total number of False Starts in Daegu 2011 was 10.

**WCH 2007, Osaka      OG 2008, Beijing    WCH 2009, Berlin**Men  18                        Men  26                     Men  18     
Women  8                    Women  7                 Women  7     
TOTAL  26                   TOTAL 33                 TOTAL 25

**Average in the World Championships 2007, 2009 and the Olympic Games 2008: 28**

**WCH 2011, Daegu**Men  6  
Women 4  
TOTAL  10

[**2011 Annual General Meeting**](http://www.cardiffaac.org/news/2011annualgeneralmeeting.htm) **Friday 21 October 2011**

[](http://www.cardiffaac.org/news/2011annualgeneralmeeting.htm)

The 2011 Annual General Meeting of the club will be held at 8 pm in the club room on Thursday 24th November. All paid up members of the club are encouraged to attend the AGM as it is an important occasion and the opportunity to hear about the activities of the club in the past year, to ask questions and to make decisions about the future.

The meeting usually lasts about an hour and includes the election of officers for the year ahead as well as deciding on any changes to the club's constitution.

The Who's Who page in the website contains details of the current officers and members of the general committee and the About the Club page includes the constitution.

The current holders of the main officer positions are as follows:

President:   Jeff Kirby  
Chairman:   Peter Lane  
Secretary:   Tracy Allen  
Treasurer:   Graham Webb  
Membership Secretary:   Kath Elias

Other positions that are elected at the AGM, and the current holders, are as follows:

Chairman of the track and field committee (Andrew Seary)  
Secretary of the track and field committee (Julie Jones)  
Cross Country and Road Coordinator (Paul Darney)  
Coaching Coordinator (Georgina Williams)  
Two members elected at the Annual General Meeting (Vince Jones)

Nominations for the above positions and other proposals to be voted on at the AGM must be made in writing, signed by a proposer and a seconder (who must be members of the club) and delivered to the Club Secretary not later than 3 November.

The club is always looking for extra volunteers to help and if you are interested to do anything, please speak to one of the officers. You can be assured of a warm welcome.

[**National Road Relays**](http://www.cardiffaac.org/news/nationalroadrelays.htm) **Tuesday 18 October 2011**

[](http://www.cardiffaac.org/news/nationalroadrelays.htm)

Cardiff fielded two men's teams and a ladies' team in the prestigious National Road Relay championships held in Birmingham's Sutton Park on Saturday last, 15th October. Both the men's A team and the ladies' team finished a respectable 11th in in their respective six and four stage races. Adam Bitchell led off the men's team with club captain James Thie bringing the team home across the finish line. Debbie Rees led off the ladies' with Michelle Allen taking the final leg.

The actual performances of the teams were as follows:

**Men's A team:**Leg 1:  Adam Bitchell (16th)  17:39  
Leg 2:  Ieuan THomas (24th)  18:27  
Leg 3:  Alex Hains (15th)  17:45  
Leg 4:  Tommy Davies (13th)  17:54  
Leg 5:  Kevin Seaward (11th)  17:58  
Leg 6:  James Thie (11th)  18:09

Total team time:  1:47.49

**Men's B team:**Leg 1:  Michael Kershaw (58th)  18:52  
Leg 2:  Rowan Axe (44th)  18:10  
Leg 3:  Shane Kerr (36th)  18:32  
Leg 4:  James Mills (35th)  19:04  
Leg 5:  Chris Green (40th)  19:41  
Leg 6:  Michael Kallenberg (34th)  19:10

Total team time:  1:53.29

**Ladies' team:**Leg 1:  Debbie Rees (17th)  15:13  
Leg 2:  Charlotte Artur (10th)  15:29  
Leg 3:  Bethan Strange (10th)  15:57  
Leg 4:  Michelle Allen (10th)  16:12

Total team time:  1:05.16

The men's A team produced an overall time better than that of 2010 despite slipping one place from 10th to 11th.

The ladies team's performance in 11th place was a big improvement on last year's 23rd and only narowly behind their 8th place in 2009.  
  
To view the full results click on [**MEN'S RESULTS**](http://caac.einfinity.co.uk/files/Nat%206%20stage%20road%20relay%202011%20men.pdf) or [**LADIES' RESULTS**](http://caac.einfinity.co.uk/files/Nat%20Road%20Relays%202011%20Women.pdf)

[**Helen in line for award**](http://www.cardiffaac.org/news/heleninlineforcoachingaward.htm) **Thursday 13 October 2011**

[](http://www.cardiffaac.org/news/heleninlineforcoachingaward.htm)

Cardiff sprints coach Helen James has made a short list of three candidates for Sport Wales' annual Female Coach of the Year award. Helen has been coaching for 17 years and was made a life member of Cardiff AAC for her outstanding service to the club both as an athlete and as a coach. She has also received Welsh Athletics' Meritorious Award. Her rivals for this accolade are Jean Foster from netball and Mair Phillips from karate.

Helen has a group of 25 athletes which includes Gareth Hopkins, Gareth Price, Ryan Cooper, Lara Durrani and Anex da Silva all of whom have represented Wales this year. Her former successes include many Welsh champions. Chris Czekaj who has gone on to a successful rugby career including Welsh international caps was also coached by Helen when he competed for the club.

Helen herself was an extremely good sprinter, having been Welsh 100m champion and representing Wales on many occasions. She also held the Welsh indoor 60m sprint record.

Chair of Sport Wales, Professor Laura McAllister said:

"We have an outstanding group of finalists and I'm looking forward to meeting them and hearing more about their inspirational work in Welsh sport."

The winners will be announced in a ceremony at the Sport Wales National Centre, Cardiff, on Wednesday 16th November 2011.

Good luck to Helen.

[**Good start in Gwent League**](http://www.cardiffaac.org/news/goodstartingwentleague.htm) **Tuesday 11 October 2011**

[](http://www.cardiffaac.org/news/goodstartingwentleague.htm)

There was a good turnout of Cardiff athletes in the first of the season's Gwent Cross Country League, held on Sunday last, 9th October, at Bridgend. In generally dry but drizzly and muddy conditions, Cardiff vests were to the fore in all the races, with former club captain Debbie Rees taking second place in the senior ladies' race. Charlotte Artur, wearing her UWIC vest, was third and it was good to see Gwenno Brown (representing Bristol University) seventh. In the senior men's race, Andrew Hunt (pictured) was the first Cardiff athlete to finish, in fifth place, with Alex Hains close behind in eighth. Joe Thomas, making a rare foray over the country, was 23rd.

After the first round, the senior men's team scores see Swansea in the lead with 1,641 points and Cardiff in second with 1,565. Close behind in third place is UWIC, with several of their runners Cardiff members also. Swansea's lead would be under severe threat if these runners had been wearing their Cardiff vests but we fully respect the fact that first priority goes to UWIC. Cardiff's senior ladies' team is in third place with 772 points.

More than 60 junior Cardiff athletes made the journey to Bridgend it was good to see so many Cardiff vests to the fore. There were four winners out of the eight junior age group races with many other high placings. The top athletes were:

Lucy Dennis - 1st in the Novice Girls' race.  
Sophia Vella - 4th in the Novice Girls' race.  
Seren Allin - 1st in the Under 13 Girls' race.  
Rosa Yates - 3rd in the Under 15 Girls' race.  
Kate Seary - 4th in the Under 15 Girls' race.  
Jake Heyward - 1st in the Under 13 Boys' race..  
John Cove - 1st in the Under 15 Boys' race.  
Ciaran Lewis - 2nd in the Under 15 Boys' race.

There were many  other excellent individual performances by Cardiff athletes producing some great team performances. Well done to everyone that competed.

The results can be viewed on the Gwent League website. Click on [**RESULTS.**](http://www.gwent-league.org.uk/2011/res111.htm)

[**Cross Country Season starts**](http://www.cardiffaac.org/news/crosscountryseasonstartsonsundaynext.htm) **Tuesday 4 October 2011**

[](http://www.cardiffaac.org/news/crosscountryseasonstartsonsundaynext.htm)

With perfect timing, the weather is changing from Indian summer to more normal autumn/winter as the first Gwent Cross Country League fixture of the 2011-12 season arrives. The first fixture is next Sunday, 9th October and will take place in Newbridge Fields, Bridgend. Those who wish to take part must inform the relevant team manager as soon as possible.

**Team Managers for the 2011-12 season are:**

Senior Men:  Alex Donald (mobile: 07740 471573)  
Senior Women:  John Penny (mobile: 07816 654741)  
  
Men up to 20:  Kay Chapman (mobile: 07749 716151)  
Women up to 20:  Ceri Morris (mobile: 07817 275633 - text only)  
 **Venues for the 2011-12 season are:**

9.10.2011:    Newbridge Fields, Bridgend  
13.11.2011:  Bath University (to be confirmed)  
4.12.2011:    Singleton Park, Swansea  
12.2.2012:    Penlan Leisure Centre, Brecon  
3.3.2012:      Blaise Castle, Bristol

Further details of the rules and regulations, courses, etc can be seen on the Gwent League website. Click on [**GWENT LEAGUE**](http://gwent-league.org.uk/).

[**Commonwealth Medal for Nat**](http://www.cardiffaac.org/news/commonwealthbronzeforalex.htm) **Sunday 5 September 2011**

[](http://www.cardiffaac.org/news/commonwealthbronzeforalex.htm)

Cardiff's Nat Lane (pictured, right, on the victory podium) took third place and the bronze medal in the inaugural Commonwealth Trail Running Championship held in Anglesey today, 25th September. Held over a multi terrain course of some 55k, including a stretch along the beach, to come third in a field of approximately 100 runners from the Commonwealth is a fine achievement for Nat who was representing Wales. Former Cardiff stalwart Richie Gardiner, who is enjoying a spell of excellent form, went two better to take the gold medal with Andrew Davies second. Congratulations to both Nat and Richie.

The inaugural Commonwealth Ultra-Trail Running Championships took place in the beautiful Newborough Forest on the Isle of Anglesey. A race of 55km for men and women  tested the skills of trail runners and ultra distance athletes alike.

Trail running has gained great traction in the running world over the last 5 years, with the ultra-trail scene in the US and Europe booming. With Commonwealth athletes such as Lizzy Hawker, Jez Bragg, Anna Frost and Angela Mudge amongst the world’s best performers.

The Commonwealth has a long tradition of ultra distance running (defined as distances beyond the marathon distance of 42.2 km), and competitors battled it out over a 5-lap course that included Newborough’s singletrack trails, fire roads and the beautiful habitat of Llanddwyn sands.

With apologies for the mistake in the first report.



  The day before, Saturday 24th, the Commonwealth Mountain Championships were held in Llanberis and,  
  during the Senior championships three Junior Mountain races held. Cardiff's Ciaran Lewis ran in the Under 14  
   race and finished in second place behind Callum Davidson, an athlete from Rossendale Harriers in Lancashire.  
  Ciaran was the first Welsh athlete home, over a minute ahead of the athlete in third place. The boys were  
   presented their medals by Bruno Gozzelino the President of the World Mountain Running  Association.

[**Presentation Evening**](http://www.cardiffaac.org/news/presentationevening.htm) **Sunday 11 September 2011**

[](http://www.cardiffaac.org/news/presentationevening.htm)

PHOTOS NOW IN THE GALLERY The 2011 annual Presentation of Awards was held this evening, 11th September, and numerous club athletes received their awards from Great Britain international athlete Joe Thomas and Welsh Athletics President John Penny. Amongst the most popular awards are those voted by the athletes themselves and the recipients who were present are pictured. From left to right are Tom Trottman, Jamie Leigh Bowen, Olivia Evans, Amber Harding, Lara Durrani and Jamaul Whyte.

**The full list of individual award winners is as follows:**

**Athletes' athletes:**

These are chosen by the athletes themselves:

Under 13 Boys:  Ben Paris  
Under 13 Girls:  Amber Harding  
Under 15 Boys:  Tom Trottman  
Under 15 Girls:  Olivia Evans  
Under 17 Boys:  Elliot Slade  
Under 17 Girls:  Lara Durrani  
Under 20 Men:  Jamaul Whyte  
Under 20 Women:  Jamie Leigh Bowen

**Team Managers' athletes:**

These are athletes chosen by the team managers as having shown outstanding commitment, enthusiasm and willingness to help when needed.

Under 13 Boys:  Iwan Williams  
Under 13 Girls:  Emma Ligthart  
Under 15 Boys:  Dafydd Williams  
Under 15 Girls:  Alice Nottingham  
Under 17 Boys:  James McGuire  
Under 17 Girls:  Chloe Phillips  
Under 20 Men:  Bradley Cole  
Under 20 Women:  Ayla Phillips

**Best Performance Awards:**

These are athletes considered to have produced the best performances taking into account championships and Welsh and GB representation

Under 13 Boys:  Harry Hillman  
Under 13 Girls:  Lauren Evans  
Under 15 Boys:  George Griffiths  
Under 15 Girls:  Kate Seary  
Under 17 Boys:  Matthew Field  
Under 17 Girls:  Ffion Bodilly  
Under 20 Men:  Michael Prentice  
Under 20 Women:  Mica Moore

**Simon Lane Memorial Award:**

Awarded to the athlete considered to best epitomise the spirit of Cardiff AAC.

**Lauren Regan:**     Now in her seventh year of competing for the club, Lauren has shown a fine attitude and commitment and is a great team member.



A selection of photographs of the presentation is now available in the Gallery.

[**Commonwealth Youth Games**](http://www.cardiffaac.org/news/commonwealthyouthgames.htm) **Friday 2 September 2011**

[](http://www.cardiffaac.org/news/commonwealthyouthgames.htm)

The Commonwealth Youth Games will take place in the Isle of Man, beginning next week. A multi sports festival, the athletics events will be held from 9th to 11th September. Three Cardiff AAC athletes have been selected for the Welsh team; Ffion Bodilly in the high jump, Elliot Slade in the 800m and Matthew Field in the discus and shot put. This will be a final opportunity for these athletes to produce good end of season performances and we wish them all the best of luck.

[**Congratulations Dai**](http://www.cardiffaac.org/news/congratulationsdai.htm) **Thursday 1 September 2011**

[](http://www.cardiffaac.org/news/congratulationsdai.htm)

The Great Britain team needed Wales to produce its first gold medal at the IAAF World Championships in Daegu today. Swansea's Dai Greene ran a beautifully controlled but determined race to win the 400m hurdles in style. All Wales can be proud of Dai. Congratulations also to his coach, former Welsh national coach Malcolm Arnold.

[**UK Schools Games**](http://www.cardiffaac.org/news/cardiffathletesinschoolsgames.htm) **Wednesday 31 August 2011**

[](http://www.cardiffaac.org/news/cardiffathletesinschoolsgames.htm)

Four Cardiff athletes have been selected for the Welsh team to take part in the UK Schools Games which takes place in Sheffield, starting tomorrow 1st September. The four are Anax da Silva, who is in the 100m and 4 x 100m relay, Jonathan Bailey in the high jump, David Callan in the pole vault and Matthew Field in the discus. Cardiff's former 400m hurdles star Matt Elias is the team's mentor. Good luck to all four and to the Welsh team

[**Bright spots as team relegated**](http://www.cardiffaac.org/news/brightspotsasteamrelegated.htm) **Monday 29 August 2011**

[](http://www.cardiffaac.org/news/brightspotsasteamrelegated.htm)

Cardiff's British Athletics League team slipped back into the BAL National Division 1 in the final match of the season at Newham on Saturday last, 27th August. Competition in the premiership has proved just too tough for both men's and women's teams, especially after the men's spectacular promotions in two successive season's, and a period of consolidation for what are still young and improving squads could be beneficial. It is a credit to the team and to team manager James Williams that they stuck it out to the end and, indeed, produced some good performances in the final match.

Rhys Williams and Gareth Morris took both A and B 400m hurdles in the first track event of the day and then teamed up with Gareth Warburton and Glyn Hawkes for an assault on the long standing club 4x400m relay record. This record (3:11.60) had stood since 1973 and the squad of 2011 narrowly missed out with a time of 3:11.60. They did, though, have the satisfaction of bringing home the baton first in the final event of the day.

Other Cardiff winners were Gareth Warburton who took the 800m B race and long jumper Ricardo Childs who won the Long Jump A with an excellent 7.30m. Gary White was second in the Triple Jump A.

**The match result was:**

1.  City of Manchester (340)  
2.  Woodford Geen with Essex Ladies (326)  
3.  City of Sheffield (278)  
4.  Birchfield Harriers (274)  
5.  Enfield & Haringey (243)  
6.  Newham & Essex Beagles (243)  
7.  Shaftesbury Barnet H (239)  
8.  Cardiff AAC (209)

**The final league positions were:**

1.  City of Manchester  
2.  Woodford Green & Essex Ladies  
3.  Birchfield H  
4.  Newham & Essex Beagles  
5.  City of Sheffield  
6.  Shaftesbury H  
7.  Enfield & Haringey  
8.  Cardiff AAC

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/BAL%20results%20Aug%202011.pdf)

[**Annual Presentation Evening**](http://www.cardiffaac.org/news/annualpresentationevening.htm) **Thursday 25 August 2011**

[](http://www.cardiffaac.org/news/annualpresentationevening.htm)

The club's 2011 annual presentation evening and disco will be held on Sunday 11th September from 6.30 to 10.00pm. This annual event is a marvellous opportunity to celebrate the achievements of the past season both for the teams and the individuals who have performed well.

Last year´s event was a great success (pictures can be seen in the Gallery) and this year's will again be at the Earl Haigh Club in Whitchurch.

The evening is arranged primarily for those under 20 but all ages are welcome to come.

Tickets are only two pounds each and are available from Andrew Seary and in the club room. Entry on the night will be £3 so make sure to get your ticket early.

[**Win for Andrew**](http://www.cardiffaac.org/news/winforandrew.htm) **Wednesday 24 August 2011**

[](http://www.cardiffaac.org/news/winforandrew.htm)

Cardiff's Andrew Hunt (a former winner of the Nos Galan 5k race) returned to form with a win at the Race the Train Event in Tywyn on Saturday last, 20th August. The 14 mile endurance race is held in the Snowdonia National Park each year. The Cardiff stalwart had missed several seasons due to long term injury but has overcome Achilles problems to take the title at the North Wales event following a strong second place finish at the Brecon 10 earlier this month.

Andrew will be racing in the Cardiff 10K on September 11th.

[**More medals**](http://www.cardiffaac.org/news/moremedals.htm) **Tuesday 23 August 2011**

[](http://www.cardiffaac.org/news/moremedals.htm)

Ten Cardiff athletes travelled to Bedford to take part in the England Athletics under 17 and under 15 championships last weekend, 20-21 August, and returned with three medals between them. Matthew Field took the bronze medals in both the under 17 shot put and discus whilst Elliot Slade (pictured) also took bronze in the 800m. Tom Trottman narrowly missed a medal in the under 15 high jump, taking fourth place with a personal best clearance of 1.76m.

**Other Cardiff athletes who competed in Bedford were:**

Lara Durrani (5th in her heat of the U17 300mH);  Ryan Cooper (6th in his heat of the U17 400mH);  Anax Da Silva (5th in his heat of the U17 100m);  Scott Edwards (4th in his heat of the U17 800m);  Sam Gordon (4th in his heat of the U17 200m);  Kate Seary (11th in the U15 1500m final);    Jonathan Bailey (10th in the U17 High Jump final).

Well done to all ten who made the journey to Bedford to test themselves against the best in Britain as this is the surest way to improvement.

[**Cardiff fourth in Cup Final**](http://www.cardiffaac.org/news/cardifffourthinwelshu15cupfinal.htm) **Monday 22 August 2011**

[](http://www.cardiffaac.org/news/cardifffourthinwelshu15cupfinal.htm)

The annual Welsh under 15 cup final was held in Brecon yesterday,21 August and Cardiff ended the day in fourth place behind Pembroke (third) and Carmarthen, who were just pipped to the title by Swansea. Cardiff fielded a depleted team and winners were scarce although Harry Hillman (pictured) won both the 100m A and 75m Hurdles A as well as coming third in the high jump in the under 13 age group.

**Individual event winners for Cardiff were:**

**Under 11 girls:**  
Emily Thomas (long jump A)

**Under 13 boys:**Harry Hillman (100m A & long jump A);  Ben Paris (100m B);  Deio Hughes (high jump B).

**Under 15 girls:**Danielle Short (300m B);  Claire Taylor (75m Hurdles A);  Olivia Evans (pole vault A);  Holly Field (pole vault B).

Thanks also to club secretary Tracy Allen for stepping in and looking after this team.

**The overall result was:**

1.  Swansea H  (1127)  
2.  Carmarthen H  (1079)  
3.  Pembroke H  (960)  
4.  Cardiff AAC  (776)  
5.  Colwyn Bay AC  (652)  
6.  Cwmbran H  (591)  
7.  Wrexham AC  (580)  
8.  Newport H  (484)

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20U%2015%20Cup%20Final%20Aug%202011.pdf)

[**Field day for Cardiff throwers**](http://www.cardiffaac.org/news/fielddayforcardiffthrowers.htm) **Tuesday 16 August 2011**

[](http://www.cardiffaac.org/news/fielddayforcardiffthrowers.htm)

Cardiff's Matthew Field (pictured), Ryan Leonard and Matteo Holmes picked up four medals between them when representing Wales at the Celtic Games in Antrim, Northern Ireland on Saturday last, 13th August. In addition, Elliot Slade won his speciality 800m. Pride of place goes to Matthew Field who won both the Under 18 Discus and Shot Put, his performance in the latter (17.42m) breaking his own recently set Welsh age group record and putting him in the top spot in the UK under 17 rankings.

Ryan Leonard won the under 18 men's Javelin and Matteo Holmes the under 16 men's Javelin; with a personal best of 47.76m.

Personal bests were also set by Lara Durrani in the under 18 women's 300m hurdles, where she was third, and Kate Seary in the under 16 girls' 1500m, coming second.

Jamaul Whyte was second in both the 100m and 200m (under 18) as was Megan O'Sullivan in the under 18 Triple Jump while George Griffiths was third in the under 16 Long Jump. Scott Edwards won the 400m invitation race (under 18).

The Welsh team was second in the overall competition, beaten for first place by Scotland by a mere two points.

[**Three medals for Lewis**](http://www.cardiffaac.org/news/threemedalsforlewis.htm) **Saturday 13 August 2011**

[](http://www.cardiffaac.org/news/threemedalsforlewis.htm)

Cardiff athlete Lewis Akrill (17) who is coached by Peter Lane has just returned from the World Kidney Transplant Games in Gothenburg with two golds and a silver medal. Lewis (pictured being congratulated by the Mayor of Caerphilly, Cllr Vera Jenkins) won the 100m and the ball throwing competition and came second in the Long Jump. Lewis received his new kidney seven years ago from his mother Tracy and was determined that this setback would not stop his sporting ambitions. He has already competed in six British transplant games and won four gold medals (100m, 200m, long jump and ball throw) at last year's event.

Cllr Jenkins said: “Lewis is an inspiration and I was delighted to invite him to Penallta House to formally acknowledge his medal success. He is a shining example of a young person who has triumphed in the face of adversity and I’m sure he will go on to great things in the future.”

His attitude is that life after a transplant is not all doom and gloom and that if you want to do something you can do it. Lewis has always wanted to represent Britain and has achieved his goal. His parents, Tracy and Jonathan, are extremely proud of him. His next ambition is to qualify for the Special Olympic Games in South Africa.

He has also been nominated by several people to carry the Olympic flame next year. Mother Tracy says that he is really excited and knows that he's got a lot of competition; but that if he was chosen it would be just amazing.

Many congratulations to Lewis.

[**Joe goes to China**](http://www.cardiffaac.org/news/joegoestochina.htm) **Thursday 11 August 2011**

[](http://www.cardiffaac.org/news/joegoestochina.htm)

Cardiff's international 800m runner Joe Thomas travels to Shenzhen, China as part of the British team competing in the World University Games. Selection for this event will go some way towards compensating Joe for missing out on a place at the World Championships in Daegu. Round one of the 800m takes place on Friday, 19th August, with the semi final the following day and the final on the 21st.

Also travelling with the team, as team manager, will be former Cardiff international 400m runner Mike Delaney.

Cardiff athletes have done well in previous editions of the World University Games.

As long ago as 1937, Jim Alford took gold medals in both the 800m and the 1500m and, in 1973, Berwyn Price won the 110m hurdles. Silver medals were won by Lynn Davies (Long Jump - 1965), Wynford Leyshon (400m Hurdles - 1973) and Steven Shalders (Triple Jump - 2005) whilst Dawn Higgins brought home a bronze medal in 1999 (4 x 400m relay) and Gable Garenamotse also won bronze; in the Long Jump in 2001.

We wish Joe good luck to follow in this tradition.

[**Christian to captain GB team**](http://www.cardiffaac.org/news/christiantocaptaingbteam.htm) **Tuesday 9 August 2011**

[](http://www.cardiffaac.org/news/christiantocaptaingbteam.htm)

Cardiff's Christian Malcolm has been handed the captaincy of the Great Britain team to take part in the IAAF World Championships in Daegu later this month. For Christian (pictured taking the silver medal in last year's European Championships), who will also contest his specialist 200m and the sprint relay, this is a well deserved honour after many years of distinguished service in the British team.

On hearing the news, Christian said,  “This is such a great honour, I can’t believe it. It is a proud moment in any sport to captain your country.

“I’ve experienced a lot since the age of 17 and have years of top level sport behind me and you wake up and realise that you might have a lot to offer. I hope I can be there for the team to say the right thing at the right time whether they’ve been disappointed or fulfilled their dream, after all I’ve had experience of both!”

Many congratulations to Christian and good luck in Daegu.

Rhys Williams has just missed out on selection and we hope that he will soon return to form to challenge the best.

[**Lianne wins**](http://www.cardiffaac.org/news/liannewinsascardiffrelegated.htm) **Monday 8 August 2011**

[](http://www.cardiffaac.org/news/liannewinsascardiffrelegated.htm)

Lianne Clarke saved Cardiff's blushes by winning the A Javelin competition in the final UK Women's League match of the season, held at the Lee Valley Athletic Centre on Saturday last, 6th August. Club captain Emma Peters (pictured) loyally supported her team and took 3rd place in the 400m hurdles A race before rushing off to catch a plane to Dublin to compete in the Irish championships the next day and where she took the bronze medal in a personal best time of 59.67sec.

Cardiff's team finished eighth and, along with Trafford AC, will be relegated to Division 1 for the 2012 campaign.

Other top three placings for Cardiff were Bryony Raine (2nd in the pole vault A), former captain Debbie Rees (2nd in the 3000m B), Charlotte Artur (3rd in the 3000m A) and Elinor Lewis (3rd in the pole vault B).

The team has struggled in each of its three matches this year through unavailability of athletes and injuries and all credit must go to those who turned out to support the team and their team colleagues. Let's hope for better luck next year.

As Cardiff's ladies slip into Division 1, Swansea's ladies were promoted from Division 1 to the Premier division so we wish our Welsh rivals good luck for next year also.

The match result was:

1.  Birchfield H (200)  
2.  Woodford Green with Essex Ladies (180)  
3.  City of Manchester (180)  
4.  Edinburgh AC (177)  
5.  Enfield & Harringey (161.5)  
6.  Windsor S E H (156)  
7.  Trafford AC (130)  
8.  Cardiff AAC (83.5)

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/UK%20WL%20Results%206%208%202011.pdf)

[**Welsh vests for club athletes**](http://www.cardiffaac.org/news/welshvestsforcardiffathletes.htm) **Saturday 6 August 2011**

[](http://www.cardiffaac.org/news/welshvestsforcardiffathletes.htm)

Ten Cardiff AAC athletes are included in the Welsh Under 18 and Under 16 team to take part in the 2011 Celtic Games in Antrim, Northern Ireland, on 13th August. The under 18 squad includes seven and the under 16 three athletes. And, in addition, the Team Leader is Cardiff coach Dave Hawthorn (pictured).

The full list is:

**Under 18:**  Jamaul Whyte (100m & 200m);  Matthew Field (Shot Put & Discus);  Elliot Slade (800m);  Ryan Leonard (Javelin);  Lara Durrani (300mH);  Megan O'Sullivan (Triple Jump);  Scott Edwards (4x400m relay).

**Under 16:**  Kate Seary (1500m);  George Griffiths (Long Jump);  Matteo Holmes (Javelin).

Good luck to you all.

[**Under 15 team finishes on top**](http://www.cardiffaac.org/news/u15teamfinishesontop.htm) **Tuesday 2 August 2011**

[](http://www.cardiffaac.org/news/u15teamfinishesontop.htm)

Cardiff's Welsh Under 15 League team completed the season with a flourish at Hereford on Sunday last, 31 July. Although just missing out on a clean sweep of four wins in four matches, Cardiff finished second to Cwmbran by a mere 21 points but safely secured a place in the Cup Final by winning the overall league title convincingly.

The Cup Final will be held in Brecon on Sunday 21 August and Cardiff will be looking to topple longstanding rivals Carmarthen.

**Cardiff's event winners were as follows:**

**Under 11 Girls:**  Lydia Gill (75m - race 3);  4 x 100m relay (in a new league record time).

**Under 13 Girls:**  Catrin Lord (100m - race 2 & 200m - race 2);  Emily Griffiths (800m & Discus);  Lauren Evans (70m Hurdles - in a new league record time);  Tahlia Taylor (High Jump & Javelin).

**Under 15 Girls:**  Olivia Evans (75m Hurdles - in a new league record time);  Anastasia Mirza-Davies (300m);  Megan Tatnell (1500m);  Lottie Coakley (High Jump).

**Under 11 Boys:**  Tom Atkinson (75m & Long Jump).

**Under 13 Boys:**  Iuan Williams (Long Jump).

**Under 15 Boys:**  Dafydd Williams (400m);  Joe Morgan (High Jump).

**The match result was:**

1.  Cwmbran (770)  
2.  Cardiff AAC (749)  
3.  Hereford & County (649)  
4.  Newport AC (539)  
5.  Aberdare Valley AC (234)  
6.  Blaenau Gwent (234)  
7.  Rhondda AC (216)

**The League result after 4 matches was:**

1.  Cardiff AAC (3745)  
2.  Cwmbran (2812)  
3.  Newport AC (2971)  
4.  Hereford & County (2389)  
5.  Aberdare Valley AC (2035)  
6.  Rhondda AC (1020)  
7.  Blaenau Gwent (817)

To view the full results, click on [**RESULTS.**](http://caac.einfinity.co.uk/files/Welsh%20U%2015%20Lg%20results%2031%20July%202011.pdf)

[**Christian wins again**](http://www.cardiffaac.org/news/christianwinsagain.htm) **Sunday 31 July 2011**

[](http://www.cardiffaac.org/news/christianwinsagain.htm)

Cardiff's Christian Malcolm booked his place in the British team for the world championships in Daegu/Korea later this year by retaining his 200m title in this weekend's World Trials and UK Championships in Birmingham. He also clinched a sprint relay place by placing fourth in the 100m, having clocked 10.17, his fastest time for 10 years, in the semi final. Other Cardiff medallists in Birmingham were Gareth Warburton (3rd in the 800m), Bryony Raine (3rd in the pole vault) and Lianne Clarke (3rd in the javelin).

European silver medallist Rhys Williams will have been disappointed with his 4th place in his speciality 400m hurdles, having paid the price for a slow start to the race. Likewise, Joe Thomas was hoping for better than fifth in what was a tactical 800m.

20 year old Charlotte Arter did well to reach the final of the women's 1500m, having established a personal best time of 4:23.18 in her heat. She was 9th in the final in 4:26.83.

**The full list of Cardiff performances is as follows:**

**100m:** Gareth Price (6th in heat 1 - 10.84);  Christian Malcolm (4th in final - 10.21);  Mica Moore (6th in heat 3 - 12.23).

**200m:**  Gareth Hopkins (7th in heat 2 - 22.47);  Christian Malcolm (1st in final - 20.85).

**400m:**  Tom Miller (7th in heat 1 - 48.17);  Glyn Hawkes (7th in heat 4 - 49.56).

**800m:**  Gareth Warburton (3rd in final - 1:48.13);  Joe Thomas (5th in final - 1:48.81).

**1500m:**  Adam Bitchell (6th in heat 1 - 3:49.86);  Ieuan Thomas (12th in heat 2 - 4:03.66);  James Thie (11th in final - 3:48.35);  Charlotte Arter (9th in final - 4:26.83).

**10,000m:**  Alex Hains (19th in final - 30:35.79).

**400m Hurdles:**  Rhys Williams (4th in final - 50.59);  Emma Peters (4th in heat 1 - 61.24).

**3000m steeplechase:**  Emily Brown (5th in final - 11:04.25).

**Pole Vault:**  Bryony Raine (3rd in final - 4.11m).

**Triple Jump:**  Gary White (11th in final - 14.63m).

**Javelin:**  Lianne Clarke (3rd in final - 49.77m).

**Discus:**  Dave Coleman (8th in final - 51.48m).

[**Welsh record for Matthew**](http://www.cardiffaac.org/news/welshrecordformatthewfield.htm) **Friday 29 July 2011**

Cardiff's Matthew Field set a new Welsh under 17 record for the shot put during the Carmarthen Throws Competition held last night, Thursday 28th July. Matthew's throw of 17.26m improved the existing record of 16.93m which was set by Mark Hewer (also a Cardiff AAC athlete) in 1979. The new mark is also a club under 17 record. Matthew also threw the discus 50.62m just short of his pb of 51.12m Apologies that we do not have a photograph of Matthew.

[**Mike Kershaw wins**](http://www.cardiffaac.org/news/mikekershawwins.htm) **Thursday 28 July 2011**

[](http://www.cardiffaac.org/news/mikekershawwins.htm)

Cardiff AAC's Michael Kershaw won the final SSAFA 5K road race of the year on Wednesday evening, 27th July. The James Thie coached athlete enjoyed a solo run to win in 15:56 with Julian Baker from Les Croupiers second in 16:24. Michael recently set a pb of 3:49 over his prefered distance of 1500 metres at the Trafford BMC Grand Prix but took a break from track racing to run the popular Bute Park based road race.

The SSAFA Series will return in May 2012.

[**Junior team secures position**](http://www.cardiffaac.org/news/juniorteamsecuresposition.htm) **Monday 25 July 2011**

[](http://www.cardiffaac.org/news/juniorteamsecuresposition.htm)

Cardiff's National Junior League team retained its position in the Midland Premier League with a solid performance in the final match of the season, held at Cardiff International Sports Stadium yesterday, 24th July. Amongst Cardiff's winners, promising sprinter Michael Prentice (pictured) took first place in the 100m A race and followed up with second in the 200m A race.

Elliot Slade, returned from representing Great Britain in the World Youth Championships, ran away from the opposition to win the 1500m in a personal best time of 3:59.20.

**Cardiff's individual winners were:**

**Men:**  Michael Prentice (100m A);  Jamaul Whyte (100m B & 200m B);  Elliot Slade (1500m A);  Matthew Drury (1500m B);  Bradley Cole (Shot Put B).

**Women:**  Ffion Bodilly (High Jump);  Megan O'Sullivan (Triple Jump).

The match finished on a high note when the men's 4 x 400m relay team (Jacob Brennan, Elliot Slade, James Wiltshire, Scott Edwards) brought the baton home in first place by a huge margin.

With a solid fourth place in the final match, Cardiff finished the season in fifth place and, with the bottom two teams relegated, achieved its ambition of retaining its place in the Midland Premier League.

**The match result was:**

1.  West Wales  (508.5)  
2.  Birchfield H  (489)  
3.  Rugby & Northants  (453)  
4.  Cardiff AAC  (411)  
5.  Cannock & Stafford  (354.5)  
6.  Notts AC  (342.5)  
7.  Mansfield  (314.5)  
8.  Charnwood  (88)

**The final League position is:**

1.  Birchfield H  (30 points)  
2.  West Wales  (29)  
3.  Notts AC  (22)  
4.  Rugby & Northants  (16)  
5.  Cardiff AAC  (16)  
6.  Cannock & Staffs  (15)      
7.  Mansfield  (12)  
8.  Charnwood  (4)

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/NJL%20Results%20Cardiff%2024%207%202011.pdf)

[**Welsh U15 & U13 Champs**](http://www.cardiffaac.org/news/welshu15andu13championships.htm) **Sunday 24 July 2011**

[](http://www.cardiffaac.org/news/welshu15andu13championships.htm)

Cardiff athletes picked up medals at the Welsh Under 13 and Under 15 Championships held at Cardiff International Sports Stadium yesterday, Saturday 23 July 2011. Pride of place goes to Harry Hillman (pictured) who won the Under 13 75m Hurdles in a Welsh record time of 11.90 seconds. He also took the gold medal in the 100m and the silver in the High Jump. Other gold medallists were George Griffiths (Under 15 100m & Long Jump) and Thomas Trottman (Under 15 Long Jump).

**The full list of Cardiff medallists is:**

**Under 13 Boys:**  Harry Hillman ( 100m & 75mH - 1st and High Jump - 2nd).

**Under 13 Girls:**  Lauren Evans (70mH - 2nd);  Emily Griffiths (Discus - 3rd).

**Under 15 Boys:**  George Griffiths (100m - 1st & Long Jump - 1st);  Tom Trottman (High Jump - 1st).

**Under 15 Girls:**  Claire Taylor (75mH - 2nd);  Holly Field (Pole Vault - 2nd).

Well done to all the medallists and to the others who took part.

These age group championships are are very useful indicator of the athletes' progress but it was noticeable that many Cardiff athletes did not enter these championships. It is important that they are encouraged to do so and we hope that many more will enter next year.

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20U13%20U15%20Champs%202011.pdf)

[**Date change Welsh League**](http://www.cardiffaac.org/news/datechangeforfinalwelshleague.htm) **Tuesday 19 July 2011**

[](http://www.cardiffaac.org/news/datechangeforfinalwelshleague.htm)

Owing to the unavailability of the track at Brecon, the final Welsh Senior League match of the season will now take place on 6th August (NOT the 14th) at Aberdare. There have also been some changes to the timetable to avoid event clashes. Please note these changes.

[**Ffion wins again**](http://www.cardiffaac.org/news/ffionwinsagain.htm) **Sunday 17 July 2011**

[](http://www.cardiffaac.org/news/ffionwinsagain.htm)

Cardiff's Ffion Bodilly (pictured) won the girls' high jump at yesterday's SIAB Schools International, held at Cardiff International Sports Stadium. Ffion was the only Welsh winner at last year's event, held in Glasgow, and did well to overcome a difficult year as well as tricky jumping conditions to win again. Cardiff counted another winner in Matthew Field who, not content with taking the boys' discus title, also came second in the shot put with 16.24m, a personal best.

Performances by other Cardiff athletes representing Welsh Schools were as follows:

Anax da Silva (100m - 3rd);  Elliot Slade (800m - 2nd);  Mike Ward (1500m - 6th);  Ryan Cooper (400mH - 8th);  Jonathan Bailey (high jump - 7th);  David Callan (pole vault - equal 5th);  Jac Palmer (hammer - 8th).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/SIAB%20results%202011.pdf)

This international match is a very important stepping stone in a young athlete's career and this was proved by some fascinating information contained in the official match programme. The first ever such international was held 50 years ago, in 1961, and the list of participants includes some who went on to enjoy illustrious athletic careers. Second in the long jump and third in the triple jump (called hop, step and jump in those days) was 19 year old Lynn Davies. Three years later he was Olympic Champion. How many of yesterday's school students will gain an Olympic medal in Rio de Janeiro in 2016?

[**Road relay team wins**](http://www.cardiffaac.org/news/roadrelayteamwins.htm) **Friday 15 July 2011**

[](http://www.cardiffaac.org/news/roadrelayteamwins.htm)

Cardiff AAC has won this year's annual Cosmeston Relays, held on Wednesday evening, 13th July, for the fourth succesive year, equalling the old course record and setting a new one in the process. Pictured after the race are (left to right) Graham Finlayson, Michael Kallenberg, Alex Hains, Carwyn Jones, Chris Moss, Alex Donald (team manager).

The popular summer event is run around a multi-terrain course at Cosmeston Lakes Country Park near Penarth.

Mike Kallenberg led the Cardiff team off finishing his leg in first place and, in doing so, won the Peter Hains Trophy which is awarded to  the first stage winner each year. The trophy is given in memory of Peter who was involved with Penarth & Dinas Runners and the Cosmeston Relays for many years.   
   
Next off for the Cardiff team was Peter's son Alex, who won the trophy last year. Alex was keen to target the course record which he equalled in 14 minutes and 12 seconds.

Alex handed over to Carwyn Jones who is also in excellent form and who also fancied the course record time, which had been set some years ago by former Cardiff athlete Dale Rixon. Carwyn became the new record holder, improving the old time by 4 seconds.

The last man off for Cardiff was track specialist Chris Moss who ran solidly to extend the team's winning margin over second placed Les Croupiers.

[**NJL team does well**](http://www.cardiffaac.org/news/strongperformancebynjlteam.htm) **Wednesday 13 July 2011**

[](http://www.cardiffaac.org/news/strongperformancebynjlteam.htm)

Cardiff's team in the National Junior League has all but secured its position in the Midland Premier Division by coming fifth in this year's third round match, held at Derby last Sunday, 10th July. A strong performance by the men compensated for unavoidable absences and Ryan Leonard (pictured) was chosen as the overall athlete of the match for his winning throw in the javelin.

It was a very bleary eyed bus load of athletes and officials that left Cardiff at 6.15am on Sunday morning for the drive to Derby. A few minor adjustments were made on the way as one athlete was left sleeping soundly in his bed, totally unaware that he had had an appointment to keep. Another athletewas tracked down in a game of hide and seek in Newport!  
   
Arriving in Derby, the weather was reasonably kind with just a little patter of rain that almost passed un-noticed. The temperature on the track was a little too warm at times but a headwind was sent to cool things down occasionally.  
   
There was an abundance of PB's again in this match with the most notable one being the javelin throw of 59.65m by Ryan Leonard which earned him the Athlete of the Match award.  
   
Mike Ward switched to 800m and was rewarded with a time three seconds quicker than his previous best. Talented athlete Jamaul Whyte decided to give the 400mH a try and did very well to record a winning time of 59.1s; could this be his new event? Rhys Williams extended his PB in the Long Jump to 6.54m in his debut in this league while David Callan set a new best of 4.10m in the Pole Vault. Bradley Cole also added to his Shot best with a putt of 11.32m.  
   
It was very encouraging to see several new faces amongst the girls and they aquitted themselves very well - as under 17's they are getting their first taste of the next level of competition. Chloe Phillips managed a PB in the Hammer which was all the more impressive for being set with the heavier implement. Anna Morris also did very well to complete both the 1500m and the 3k. We also welcomed Izzy Lewis and Marthienne Mimbango to the team for the first time and both did well in their chosen events. Megan O'Sullivan had a good day setting a PB of 5.32m in the Long Jump and finishing in second place in the Triple Jump. It was also nice to see the return of athletes such as Aimee Hendrickson to the fold after the demands of exams.  
   
The final score saw us pip Cannock & Stafford into fifth place by just one point. This also secured us the fifth place overall in the League with just one match to go at home on 24th July. Well done to all the athletes and officials who helped make this possible.  
   
The last match of the season is at home and team managers Julie & Debbie hope to see as many as possible in action especially if you are interested in doing the less popular events such as the steeple-chase and sprint hurdles! We will be seeking you out over the next 2 weeks, so make yourselves available and let's have an enjoyable day!  
  
**Cardiff's individual event winners were:**   Sam Gordon (100m B);  Jamaul Whyte (400mH B & High Jump B);  Matthew Field (Hammer B);  Ryan Leonard (Javelin A);  Bradley Cole (Javelin B & Shot Put B).

**The match result was:**

1.  Birchfield H (579)  
2.  West Wales composite (482)  
3.  Notts AC (453)  
4.  Rugby & Northants (431)  
5.  Cardiff AAC (402)  
6.  Cannock & Staffs (401)  
7.  Mansfield (284)  
8.  Charnwood (226)

[**Cardiff athletes in team**](http://www.cardiffaac.org/news/cardiffathletesinschoolsteam.htm) **Monday 11 July 2011**

[](http://www.cardiffaac.org/news/cardiffathletesinschoolsteam.htm)

Nine Cardiff AAC athletes have been selected to represent Welsh Schools in the annual Schools International between Wales, Scotland, England and All Ireland to be held on Saturday next 26th July at Cardiff International Sports Stadium. Those selected are Anax da Silva (100m & 4x100m relay), Elliot Slade (800m), Michael Ward (1500m), Ryan Cooper (400m Hurdles), Jonathan Bailey (High Jump), David Callan (Pole Vault), Matthew Field (Shot Put & Discus), Jac Palmer (Hammer) and Ffion Bodilly (High Jump - pictured).

Ffion Bodilly was the only Welsh winner at last year's event in Glasgow and will be hoping for a repeat performance although, this year, her progress has been hampered by injury.

Elliot Slade will be the favourite in the 800m after representing Great Britain last weekend in the World Youth Championships where he fully justified his selection, making it through to the semi finals

Congratulations and good luck to all.

This year's international in Cardiff will mark the conclusion of Kath Elias' year as chairman of the international schools board; she is also chairman of the Welsh Schools Association and has been heavily involved in the organisation of the 2011 event.

[**Under 15 team the tops**](http://www.cardiffaac.org/news/under15leagueteamthetops.htm) **Sunday 10 July 2011**

[](http://www.cardiffaac.org/news/under15leagueteamthetops.htm)

In the third match of the year, held in Newport yesterday, Saturday 9th July, Cardiff's Welsh Under 15 League team proved to be the club's most successful this year. The team has won each of its three outings and, with one match to go, is looking to romp away with the overall league title and qualify for the Cup Final and another chance to overturn traditional rivals Carmarthen Harriers. Star of the day was Harry Hillman (pictured) who won three events, two in League under 13 records and one of which (75m Hurdles) was also a Welsh age group record.

Cardiff athletes produced numerous winners but also plenty of seconds and thirds which were important to keep the points total clicking along.  
  
**Cardiff's individual winners were as follows:**

**Under 13 Girls:** Bethan Register (200m race 2);  Elishka Coupar (800m);  Emma Ligthart (1500m);  Lauren Evans (70m Hurdles);  Tahila Taylor (Javelin).

**Under 15 Girls:** Alice Brennan (100m race 3);  Rhian Ellis (200m race 2);  Olivia Evans (75m Hurdles).

**Under 11 Boys:** Tom Atkinson (75m race 2 & Long Jump);  Iuan Priday (150m race 2);  Max Sewell (Javelin).

**Under 13 Boys:** Harry Hillman (75m Hurdles/Lg and Welsh records & High Jump/Lg record &100m);  Jake Haywood (1500m/Lg record);  Ben Paris (Long Jump).

**Under 15 Boys:**  Levi Marciano (High Jump & Long Jump).

**The match result was:**

1.  Cardiff AAC (987)  
2.  Cwmbran (880)  
3.  Newport (839)  
4.  Hereford & County (508)  
5.  Aberdare Valley (477)  
6.  Rhondda (307)  
7.  Blaenau Gwent (205)

**The score after three matches is:**

1.  Cardiff (3011)  
2.  Newport (2324)  
3.  Cwmbran (2052)  
4.  Hereford (1704)  
5.  Aberdare (1508)  
6.  Rhondda (824)  
7.  Blaenau Gwent (573)

To view the full results (which are still subject to checking) click on [**RESULTS.**](http://caac.einfinity.co.uk/files/Welsh%20U15%20Lg%20results%209%20July%202011.pdf)

[**Records for Cardiff athletes**](http://www.cardiffaac.org/news/schoolsrecordsforcardiffathletes.htm) **Wednesday 6 July 2011**

[](http://www.cardiffaac.org/news/schoolsrecordsforcardiffathletes.htm)

Favourable weather conditions provided an excellent opportunity for good performances at the Welsh Schools' championships held in Brecon last Saturday, 2nd July. Amongst the numerous medals won by Cardiff AAC members, representing therir schools, new championship best performances were set by Michael Prentice in the senior boys' 200m (21.85) and by Matthew Field in the middle boys' discus (51.12m)

Michael Prentice achieved a double win as he also took gold in the 100m and this was matched by Matthew Field who also won the shot put.

**Schools' champions were:**

**Senior Boys:** Michael Prentice (100m & 200m);  Ryan Leonard (discus);  Bradley Cole (hammer).

**Middle Boys:**  Jacob Preece (2km walk);  Jonathan Bailey (high jump);  Matthew Field (shot put &discus).

**Junior Boys:**  Tom Trottman (high jump);  George Griffiths (long jump).

**Senior Girls:**  Ayla Phillips (hammer).

**Junior Girls:**  Kate Seary (1500m);  Holly Field (pole vault).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20Scools%20champs%20results%202011.pdf)

[**Tough weekend for seniors**](http://www.cardiffaac.org/news/toughweekendforseniorterams.htm) **Monday 4 July 2011**

[](http://www.cardiffaac.org/news/toughweekendforseniorterams.htm)

Cardiff senior men's British League and senior women's UK Women's League teams both struggled against quality oppositions in their second round matches on Saturday last, 2nd July. Both teams finished eighth and last in their respective matches, the men at Copthall, London, and the women in Edinburgh. With only one match remaining, the women look destined for relegation and the men, with two matches, will have to pull out all the stops to avoid a similar fate.

Men's team manager James Williams reports:

On a very warm afternoon in North London, the men's team battled hard and were mid-table for most of day before finally succumbing to a lack of depth in the field and finishing in 8th place once again.  
   
The day started positively with European and Commonwealth Medallist Rhys Williams winning the 400m hurdles comfortably, in a time of 49.94. Making his debut for the club in the B event, Callem Forde ran a strong race to finish 2nd in 54.02.  
   
Rhys was also involved in the best race of the day, the men's 4x400m relay - the Cardiff team led for most of the race before Newham and Essex Beagles just pipped anchor leg runner Glyn Hawkes. The men are getting closer to the club record as they ran a time of 3:13.58 - including a 46.2 leg by Rhys Williams.   
   
In the sprints, some late withdrawals meant that the team wasn't finalised until the morning of the competition. Gareth Price doubled up, running a 10.97 into a headwind in the 100m and a 22.02 in the 200m. Liam Duff's return to competition will have to wait a few more weeks as he was DQ'd in the 100m. Rhys Knapman ran a season's best of 22.18 in the B 200m and all three men along with Miton Baker ran superb legs in the 4 x100, clocking 41.91 from lane one.  
   
In the long sprint, Tom Miller finally broke through the 48sec barrier - running a PB of 47.90 for third; this was enough to make him Cardiff's man of the match. In the B 400m Glyn Hawkes showed that he was getting back into shape with a seasons best of 48.79 for second.  
   
In the endurance events, Joe Maynard made his first appearance of the summer, battling hard against many of the country's top runners, including former Olympic finalist Anthony Whiteman. He ended up running 1:51.23 in sixth place. In the B 800m, Mike Kershaw ran another good race, finishing 5th in 1:53.37.  
   
There was a big PB for Jon Peters in the 1500m, as he broke 4min for the first time with a 3:56.97 clocking. James Mills got caught at the back when the big move was made and couldn't get back to the main pack - he ran 3:58.31 for 3rd in the B. Kev Seaward made his BAL debut as he ran a very strong 8:25.49 in the 3k - club stalwart Alex Haines, fresh from his recent 10k pb, ran 8:31.78 for third in the B.  
   
Chris Discombe did all the running in the steeplechase but got outkicked over the last 600m finishing 3rd in a respectable 9:17.11 - Chris who plans to return back to his native Australia at the end of the summer surely can't leave without winning at least one Premiership steeplechase.  
   
In the field, debutant Curtis Matthews posted a season's best in the discus - not bad considering he was also competing in the pole vault at the same time. Curtis also competed in the shot - here he battled with returning training partner David Guest and it was good to see David return to British League competition, nearly two years since his last appearance.  
   
Matt Ledger as always has a busy day and his highlight was a 1.80m high jump - it was a shame that his favourite event took place after he had thrown the hammer, run the 110H and contested the pole vault. In the javelin, Jason Hallet had a frustrating day as he managed 51.34m - short of his pre-competition expectations. Former Olympic finalist Nick Nieland won with a last round throw.  
   
Accompanying Matt in the high jump was Lewis Long. Lewis who retired from competing in the winter, answered a late call to compete to post a solid 1.75m; not bad considering he wasn't competing two hours before the bus left Cardiff on Friday night.  
   
In the jumps, Gary White couldn't repeat his heroics of match 1 and finished 3rd in the triple jump with a season best of 15.63m. Adam Williams made his club debut jumping 13.62m in the triple and 6.51m in the long jump. Ricardo Childs finished strongly, his best long jump coming in the 5th round with 7.18m for 4th.  
   
The team now needs to finish strongly in the last two matches and try to pull off a miracle and avoid an immediate return to the First Division. The overall standard of the match on Saturday was very high - with events like the high jump won in 2.28m, discus in 63m and hammer in 71m. Hopefully after a season in the Premiership, the Cardiff athletes will know what to expect and will prioritise the competition. We in Wales always complain that we do not have a sufficient level of competition and therefore the British League must be embraced as an important part of an athlete's season.

The match result was:

1.  Newham & Essex Beagles (347)  
2.  City of Manchester (Sale H) (314)  
3.  Shaftesbury Barnet H (306)  
4.  Woodford Green & Essex Ladies (281)  
5.  Birchfield Harriers (274)  
6.  City of Sheffield  (229)  
7.  Enfield & Haringey (217)  
8.  Cardiff AAC (212)

To view the complete results of the men's match click on [**RESULTS**](http://www.cardiffaac.org/files/BAL%20results%202%207%202011.pdf).

The ladies had an equally torrid time in Edinburgh with a team weakened by absentees and too many events without any Cardiff representative. Those athletes who travelled did their best with several athletes doing multiple events to help the team cause.

Best performer, and athlete of the match, was Charlotte Arter who won the 1500m A race and came second in the 800m A with personal best of 2:09.76. She also competed in the high jump.



   **Charlotte receiving her athlete of the match award from club captain Emma Peters**

The match score was:

1.  Windsor, Slough & Eton  (193)  
2.  Birchfield H (186)  
3.  City of Manchester (173)  
4.  Trafford  (169.5)  
5.  Edinburgh  (163)  
6.  Enfield & Haringey  (145)  
7.  Woodford Green & Essex Ladies  (131)  
8.  Cardiff AAC  (89.5)

[**Combined events champs**](http://www.cardiffaac.org/news/cardiffathletesincombinedeventschamps.htm) **Thursday 30 June 2011**

[](http://www.cardiffaac.org/news/cardiffathletesincombinedeventschamps.htm)

Cardiff AAC athletes were amongst the medallists at the Welsh Schools combined events championships held in Newport last Saturday, 25th June. Jonathan Bailey (middle boys), George Griffiths (junior boys - pictured) and Aimee Hendrickson (senior girls) each took home a gold medal whilst Jamaul Whyte (senior boys) and Matthew Collins (middle boys) took silver and Tom Trotman (junior boys) and Claire Taylor (junior girls) bronze.

Steadily improving Jonathan Bailey (St Teilo’s/Cardiff) opened with the quickest hurdles timing, 15.02 (689), and added the top high jump clearance, 1.80m (627) and the second best long jump, 5.91m (567), for a three event total of 1883 points and a lead of over a hundred points.  His shot and 800m are still very much works in progress but he hung on for a final points total of 2791.  Behind him, Matthew Collins (Barry Comp), only fourth after four events, produced his fastest 800m of the summer, 2:05.48 (674), to climb two places and claim the Schools’ second spot by one point ahead of SIAB Under16 indoor winner Aled Price (Maes yr Yrfa/Carmarthen).

Talented sprinter/long jumper George Griffiths (Cowbridge) added to his growing list of credits with a win (2738) by over 300 points. George is currently ranked fourth in the UK in both the 100m and the long jump.

In the separately recognised Welsh Athletics combined event championship, Harry Hillman (1682) dominated the Under13 boys’ quadrathlon to add this outdoor title to his November 2010 win indoors.

Jonathan Bailey (under 17 men) added the Welsh Athletics title, Tom Trotman (Under 15 boys) and Claire Taylor (Under 15 girls)took silver medals and Levi Marciano (Under 15 boys) the bronze.

The full results can be viewed on the Welsh Athletics website.

[**Adam in Euro U23 Champs**](http://www.cardiffaac.org/news/adambitchelltoeurou23championships.htm) **Wednesday 29 June 2011**

[](http://www.cardiffaac.org/news/adambitchelltoeurou23championships.htm)

Cardiff's Adam Bitchell has been selected to represent Great Britain in the European Under 23 Championships to take placce in Ostrava, Czech Republic, from 14 to 17 July. Adam (pictured, and who is a student at UWIC) is coached by James Thie and will compete in the 5000m where his personal best is 13:57.61 which he set recently in Watford. Congratulations and good luck to Adam. Former Cardiff member Brett Morse has been selected in the discus.

[**Junior Road Race Success**](http://www.cardiffaac.org/news/juniorroadracesuccess.htm) **Tuesday 28 June 2011**

[](http://www.cardiffaac.org/news/juniorroadracesuccess.htm)

Three junior Cardiff AAC athletes took advantage of the weekend off in the track calendar to take part in a 3km road race at Aberdare Park last Sunday June 27, 2011. There was success for Ciaran Lewis who won the Under 15 boys' race, Emma Ligthart who won the Under 13 girls' race and Tom Clark who took the bronze medal in the Under 13 boys' race.

They received their awards from international marathon runner Richie Gardiner.



[**Young Athletes stay up**](http://www.cardiffaac.org/news/youngathletesstayup.htm) **Friday 24 June 2011**

[](http://www.cardiffaac.org/news/youngathletesstayup.htm)

Cardiff's National Young Athletes' League team pulled out all the stops at the last match of the season, last Sunday 19th June, at Oxford. Needing a good points score to avoid relegation from the premier division, a strong team effort, with several athletes competing in two, three or even four events, saw them safely home. Although pipped at the post by the day's winners Solihull (574.5 points), Cardiff scored 556.5 to secure their position for next year.

For a change, the match was held in dry conditions and team managers Andrew Seary and Vince Jones give a great big thank you to all that competed, to those that did four events and a number that did an event at short notice. To all parents, the athletes were wonderfully behaved in all four matches and showed to all other clubs the standards that your children and Cardiff AAC set.

Thanks again to Roger and Howard for officiating for the club as without them there would be no fixture; and also to Vince as he is stepping down as team manager with NYAL, although he continues to be associated with the club.

Performances of note included George Griffiths' triple victories in the under 15 boys' 100m, 200m and long jump and a clean sweep in the 800m where Cardiff athletes won every single event.

**The match score was:**

1.  Solihull & Small Heath      574.5  
2.  Cardiff AAC                       556.5  
3.  Bromsgrove & Redditch   372

**Cardiff's individual event winners were:**

**Under 13 girls:**Lauren Evans (70m Hurdles);  Elishka Coupar (800m); Claire Halligan (75m).

**Under 13 Boys:** Iwan Williams (75m Hurdles);  John Cummins (800m).

**Under 15 Girls:** Kate Seary (800m);  Holly Field (Pole Vault & Discus).

**Under 15 Boys:** Alex Love (800m);  George Griffiths (100m, 200m & Long Jump);  Dafydd Williams (400m);  Tom Trottman (High Jump & Discus).

**Under 17 Girls:**  Anna Morris (800m);  Lara Durrani (300m Hurdles); Lucy Daley (Pole Vault).

**Under 17 Boys:** Mike Ward (800m & 1500m);  Anaxa Dasilva (100m);  Ryan Cooper (400m Hurdles);  Jac Palmer (Hammer);  Matteo Holmes (Javelin);  David Callum (Pole Vault);  James McGuire (Long Jump & Triple Jump);  Matthew Field (Discus & Shot Put).

To view the full results click on [**RESULTS TRACK**](http://caac.einfinity.co.uk/files/YAL%20results%20track%2019%20June%2011.pdf) or [**RESULTS FIELD**](http://www.cardiffaac.org/files/YAL%20results%20field%2019%20June%2011.pdf).

[**Run with Cardiff AAC**](http://www.cardiffaac.org/news/runwithcardiffaac.htm) **Wednesday 22 June 2011**

[](http://www.cardiffaac.org/news/runwithcardiffaac.htm)

Cardiff AAC is launching a new running group tomorrow, Thursday 23rd of June. Organised runs will take place on Thursday evenings and Sunday mornings and runners of all abilities and ages are welcome to join in. Those interested should meet at Cardiff International Sports stadium on Thursday evenings for 6:20pm. The club has a strong heritage in Road Running & Cross Country as well as Track and Field and club coach Alex Donald and club stalwart Bernie Plain MBE (pictured running for Wales) have initiated this 'Club Run' group which will be based at Cardiff International Sports Stadium.

The launch on the 23rd of June is an open invitation to runners or others who would like to get into running to come and speak to Bernie and Alex; to seek any advice they want on running with the club. The run will be approximately 6 miles long.   
   
Bernie Plain was a well known Cardiff athlete who competed for Great Britain over a 10 year period and still holds the British record for 20 miles on the track. He still runs at the age of 64 and will be joining the group on club runs. Bernie also wishes to re-start the Veterans road running section of our club which was once one of the top clubs in the UK for road running.

Why not give it a try - the more the better.

[**Elliot for World Youth Champs**](http://www.cardiffaac.org/news/elliotgoestoworldyouthchampionships.htm) **Tuesday 21 June 2011**

[](http://www.cardiffaac.org/news/elliotgoestoworldyouthchampionships.htm)

Cardiff's Elliot Slade has been rewarded for his fine progress this year with selection for the Great Britain team to take part in the IAAF World Youth Championships to be held in Lille, France, from 6th to 10th July. Elliot is ranked Britain's number one under 17 800m runner with a best time of 1:51.82 but will find the competition in Lille very hot indeed as half a dozen or more Africans of the same age have run under 1:50.00. This is a well deserved honour and a great new experience for Elliot, who is coached by Arwyn Davies, and we wish him well.

Cardiff's former 400m specialist Tim Benjamin took part in the first ever edition of the World Championships in 1999 when he was 17 and won the 200m gold medal. Elliot has chosen a tougher event but if he could emulate Tim's subsequent international career he too could be a star of the future.

[**Medals in Welsh Champs**](http://www.cardiffaac.org/news/cardiffmedalsinlacklustrewelshchampionships.htm) **Monday 20 June 2011**

[](http://www.cardiffaac.org/news/cardiffmedalsinlacklustrewelshchampionships.htm)

The 2011 Welsh Championships were held over last weekend, 18/19 June at a blustery Cardiff International Sports Stadium and Cardiff athletes were prominent throughout. A clash of dates with the European Team Championships taking place in Stockholm meant that the championships were deprived of its current four top international stars - Dai Greene, Christian Malcolm, Gareth Warburton and Brett Morse - who were all on duty for the Great Britain team. Highlights of the first day included a Cardiff 1,2,3 in the men's 400m, with 800m specialist Joe Thomas taking the gold in a respectable 47.25 and Tom Miller (48.65) and Glyn Hawkes(49.29) having a close battle for the other medals.

Fresh from his first sub 14min 5,000m, Adam Bitchell took the 1500m gold in 3:54.52, with defending champion James Mills taking the bronze and under 17 club record holder over 800m Elliot Slade taking fifth in his first senior championship.   
  
The only other male track event of the first day was the men's 100m where Cardiff athletes Gareth Price and Milton Baker had to settle for silver and bronze behind Swansea’s Wyn Roberts, who powered through the strong head wind in 10.99.

On the women's side, Amanda Moss showed a welcome return to competition to take the 800m gold while Mica Moore battled the -4.4 wind to take silver in the 100m behind Colwyn Bay’s Rachel Johncock - Cardiff’s Melanie Stephenson and Hannah Williams were also finalists.   
  
In the 400m, Rhianne Jones just missed out on the medals, coming fifth in 58.67 in a race won by Newport's Rebecca Williams.  
  
Senior women's team manager Debbie Rees picked up yet another Welsh Championship medal – the 1500m bronze in 4:39, behind Swansea’s Carol Glover.  
  
In the field events, Cardiff’s Jason Hallet and Bradley Cole had a close battle for silver in the men's javelin, with Hallett taking the silver by just 24cm. Commonwealth Games finalist Lee Doran took the gold with 70.90m. Bradley also took fifth in the hammer, throwing 43.94m.   
  
David Guest (BAL Higher Claim athlete) made a welcome return to competition, taking silver in the men's shot with 11.24m before going on to win the discus with 36.67m. David’s younger brother Stephen took his first senior title with a 1.90m clearance in the high jump. Cardiff youngster Jonathan Bailey had a close battle for bronze with training partner Tyrone Blake, with Jonathan just edging it with a 1.85m jump.  
  
Sally Peake (Liverpool) took the headlines in the field, breaking the Welsh pole vault record with a third time clearance at 4.30m. Cardiff’s Bryony Raine could not match her training partner having to settle for 3.90m and the silver medal.   
  
Ffion Bodilly took her first Welsh senior title, winning the high jump  with a clearance of 1.68m.  
  
Imogen Miles had a busy weekend, taking a silver in the long jump with a best of 5.59m but going one better in the triple jump with a winning jump of 11.79m.  
  
European 400m hurdles silver medallist Rhys Williams was the star of the second day, using the Championship’s to work on his speed and winning the 200m in 21.87 into a another strong headwind. There were four other Cardiff athletes in the final, with Gareth Price picking up another silver medal in 22.08.   
  
Gareth Morris was just edged out by Swansea’s Paul Bennett in the 400m hurdles with Ryan Chappell running a season's best for bronze.  
  
In the men's 800m, Ieuan Thomas (1:51.73) and Michael Kershaw(1:52.67) both ran impressive personal bests as they were just edged out of the gold by Sale’s Rhys Smith. Mike Kallenburg completed a successful weekend for James Thie’s training group with a bronze in the men's 5,000m, again running a personal best with 15:19.60.  
  
For the women, Emily Brown had a busy day claiming bronze in the 400m hurdles and then going on to win the steeplechase.  
  
Lianne Clarke was close to her own Welsh record as she threw a championship best performance in the womens Javelin of 52.26m.

The Welsh Championships should be the highlight of Wales' track and field season and such a clash of dates should not be allowed to happen again.

The full results may be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20Champs%20results%202011%20day%201.pdf)

[**Elliot best in Britain**](http://www.cardiffaac.org/news/elliotbestinbritain.htm) **Thursday 16 June 2011**

[](http://www.cardiffaac.org/news/elliotbestinbritain.htm)

LATEST NEWS Yet another personal best and club record by Elliot Slade took him to the number one spot in the UK's under 17 rankings over 800m. In the BMC event at Watford last night, Elliot, only 16, was timed at 1:51.80, almost 5 seconds better than his best at the beginning of this year. At the same event, Joe Thomas completed his 800m in 1:48.90. Cardiff's Commonwealth Games 800m finalist Gareth Warburton (pictured) has been drafted in to the Great Britain team contesting the European Team Championships in Stockholm this weekend.

[**Cardiff tops medal table**](http://www.cardiffaac.org/news/cardifftopsmedaltable.htm) **Tuesday 14 June 2011**

[](http://www.cardiffaac.org/news/cardifftopsmedaltable.htm)

The Welsh under 20 and under 17 championships were held in Wrexham on Saturday last, 11th June, and Cardiff athletes amassed 27 medals between them. Amongst its 12 gold medallists, pride of place goes to rapidly improving Elliot Slade (pictured) who not only set yet another under 17 club record in the 800m but, in the process, broke the 39 year old championship record with a fine time of 1:53.43. Elliot, who is coached by Arwyn Davies, is now ranked third in the UK. A second club record was broken by Megan O'Sullivan in the under 20 triple jump with a leap of 11.20m which improved Elizabeth Webb's mark. Megan has leapt further indoors but this is her best outdoors.

Interestingly, Elizabeth Webb's father, club treasurer Graham, holds the longest standing championship record, which he set in 1963 in the under 17 triple jump. Graham went on to be a GB international triple jumper.

Other notable performances in Wrexham included a Cardiff clean sweep in the under 20 men's 200m (Michael Prentice, Tom Knight and Jamaul Whyte) and Ryan Leonard's double golds in the under 20 men's discus and javelin.

**The full list of Cardiff's medallists is as follows:**

**Gold:  
Under 17 men:**  Elliot Slade (800m);  Ryan Cooper (400mH);  Jonathan Bailey (high jump);  David Callan (pole vault);  James McGuire (long jump);  Matthew Field (shot put).  
**Under 17 women:**  Lucy Daly (pole vault).  
**Under 20 men:**  Michael Prentice (200m);  Lewis Newton (pole vault);  Ryan Leonard (discus & javelin).

**Silver:**  
**Under 17 men:**  Scott Edwards (400m);  Mike Ward (1500m);  Matthew Field (discus);  Jac Palmer (hammer).  
**Under 20 men:**  Michael Prentice (100m);  Tom Knight (200m);  Tyrone Blake (110mH);  Bradley Cole (javelin).  
**Under 20 women:**  Lauren Regan (400m);  Danielle Mill (400mH);  Megan O'Sullivan (triple jump).

**Bronze:**  
**Under 17 men:**  Matteo Holmes (hammer).  
**Under 17 women:**  Lara Durrani (300mH).  
**Under 20 men:**  Tom Knight (100m);  Jamaul Whyte (200m).  
**Under 20 women:**  Mica Moore (100m).

The full results may be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20u20%20&%20u17%20champ%20results%202011.pdf)

[**Washout at Aberdare**](http://www.cardiffaac.org/news/washoutataberdare.htm) **Monday 13 June 2011**

[](http://www.cardiffaac.org/news/washoutataberdare.htm)

The Welsh Under 15 League in Aberdare had to be abandoned yesterday, 12th June, because of the foul weather. Despite the heavy rain, sixty of the expected ninety Cardiff athletes turned up so well done and thank you to all of them as well as to John and Karen who completed two sets of the Long Jump and Graham for timekeeping.

Hopefully this match will be rescheduled for later in the season.

We shall keep our fingers crossed for a sunny Brecon on 9th July for the next Welsh Junior League meeting.

In such difficult conditions, the officals and the scorers need support and cooperation and, sadly, some parents (we hope none from Cardiff)  insisted on badgering the results office and preventing them from doing their job. The results team has decided that, in future, only team managers will be allowed to enter the results office.

It must be borne in mind that all oficials provide their services voluntarily and do their best to provide the athletes with the best possible conditions.

[**PBs at Watford**](http://www.cardiffaac.org/news/pbsatwatford.htm) **Sunday 12 June 2011**

[](http://www.cardiffaac.org/news/pbsatwatford.htm)

Four Cardiff athletes, all coached by James Thie, produced personal best performances during the BMC Nike Grand Prix at Watford yesterday, 11th June. Chris Discombe set a 3000m steeplechase best of 8:57.53, Adam Bitchell (pictured, and who is a student at UWIC) ran the 5000m in 13:57.61 (which is also inside the qualifying time for the European U23 championships) and Ieuan Thomas set a 1500m pb of 3:47.93. Charlotte Arter set her pb of 4:24.19 in the women's 1500m. Other performances by Cardiff athletes at the meeting included Michael Kershaw's run the 1500m in 3:53.13 and Bethan Strange's 800m in 2:15.69. In the 800m men's A race, Gareth Warburton came second in 1:47.74 whereas Joe Thomas had an off day, coming 9th in 1:50.25.

[**Christian 5th behind Bolt**](http://www.cardiffaac.org/news/christian5thbehindusainbolt.htm) **Friday 10 June 2011**

[](http://www.cardiffaac.org/news/christian5thbehindusainbolt.htm)

Cardiff's Christian Malcolm showed signs of his best form in the Diamond League 200m in Oslo last night. In a high class field, Christian was fifth behind world record holder Usain Bolt in 20.57, a respectable time as the race was run in pouring rain. Bolt's time was 19.86. Christian, who turned 32 last week and is now coached by Dan Pfaff, was pleased with his run, said he was in good shape and is looking forward to a good season.

An ever present in the Great Britain team, Christian is down to run in the GB 4x100m relay at next week's European Team Championships in Stockholm.

This is not the first time that Christian has come fifth behind Bolt. Christian made the final of the 200m at the 2008 Beijing Olympic Games and was 5th behind Bolt's world record breaking performance.

Christian has enjoyed a superb athletic career and has brought great honour to Cardiff AAC. We wish him well for the remainder of the season.

[**Mixed results for YAL team**](http://www.cardiffaac.org/news/mixedresultsforyoungathletes.htm) **Wednesday 8 June 2011**

[](http://www.cardiffaac.org/news/mixedresultsforyoungathletes.htm)

The third NYAL fixture of the year was held on a mild but blustery day at Cheltenham on Sunday last, 5th June. Despite some wonderful individual performances, Cardiff again struggled to field an under 17 team of note as a result of exam congestion so a big thank you goes to those that did compete.

The team  has competed in Cheltenham in the last 2 seasons more often than at our own track and this has been to our disadvantage.

**The match result was as follows:**

1.  Swansea (609);  2.  M Milton Keynes (546);  3.  Cardiff AAC (419).

**Cardiff's individual event winners were as follows:**

**Under 13 Girls:**Lauren Evans (70mH);  Elishka Coupar (800m).

**Under 13 Boys:**Harry Hillman (100m & high jump);  Jake Hayward (1500m).

**Under 15 Girls:**Claire Taylor (75mH & long jump);  Kate Seary (800m);  Olivia Evans (pole vault).

**Under 15 Boys:**George Griffiths (100m, 200m & long jump).

**Under 17 Girls:**Lucy Daly (pole vault).

**Under 17 Boys:**Sam Gordon (100m & 200m);  Adrian Laurence (100mH);  Ryan Cooper (400mH);  Jac Palmer (hammer);  Matteo Holmes (javelin);  David Callum (pole vault);  James McGuire (long jump & triple jump);  Matthew Field (shot put & discus);

The under 17 boys team also won the 4x100m relay.

To view the full results click on [**TRACK RESULTS**](http://caac.einfinity.co.uk/files/NYAL%20Results%205%20June%202011%20Track.pdf) or [**FIELD RESULTS**](http://www.cardiffaac.org/files/NYAL%20Results%205%20June%202011%20Field.pdf).

Many thanks again to Alun "Gary" Garrison , Graham Webb and all the other parents who helped out on the day and also to Julie Jones for stepping in as Team Manager for the day.  
   
We look forward to an away day at Oxford on the 19th June for the final NYAL Fixture of season 2011.

[**Tough baptisms for seniors**](http://www.cardiffaac.org/news/toughbaptismforcardiffsmen.htm) **Saturday 4 June 2011**

[](http://www.cardiffaac.org/news/toughbaptismforcardiffsmen.htm)

On a blustery (wind readings up to 5 m/s) but generally fine day at Cardiff International Sports Stadium today, Cardiff's British League men's team discovered the quality of competition in the Premiership Division the hard way, finishing eighth. The women's team, competing in Manchester in the UK Women's Athletics league also came eighth. Both teams were hit by late withdrawals, and illnesses, competed valiantly but now face uphill struggles to retain their places in the top divisions.

Cardiff's men managed only one event winner, Gary White in the triple jump A who showed impressive form, returning from injury with a wind assisted 15.57m.

James Thie and Adam Bitchell ran well in the 1500m to take second places in the A and B races. Likewise, Rowan Axe and James Mills each placed third in the 5000m A and B races.

Gary White was the athlete of the match for his winning peeformance in the triple jump.

Although Cardiff finished eighth overall, the track athletes were very competitive and the overall scoring was very close. The scores, taking into account only the individual track events, were as follows:

1.  Birchfield                    162  
2.  Sheffield                     154  
3.  Woodford Green       138  
4.  Enfield & Haringey    134  
5.  Manchester                133  
6.  Newham & Essex B  131  
7.  Cardiff                         129  
8  Shaftesbury  H               97

**Cardiff's men athletes placing in the first three were as follows:**  
Gary White:  Triple Jump A - 1st (15.57m);  Ieuan Thomas:  800m A - 2nd (1:54.42);  James Thie:  1500m A - 2nd (3:54.34);  Adam Bitchell: 1500m B - 2nd (3:57.48);  Ricardo Childs:  Long Jump A - 3rd (7.33m);  Chris Discombe:  3000m s/c A - 3rd (9:23.92);  Gareth Price:  200m A - 3rd (21.28);  Rowan Axe: 5000m A - 3rd (15:10.19);  James Mills:  5000m B - 3rd (15:24.56).

**The match score (men) was:**

1.  Birchfield H                      308  
2.  Woodford Green & EL   294  
3.  City of Sheffield              292  
4.  City of Manchester         287  
4.  Newham & EB                287  
6.  Enfield & Haringey         270  
7.  Shaftesbury Barnet        237  
8.  Cardiff AAC                    236

To view the full men's results click on [**RESULTS.**](http://caac.einfinity.co.uk/files/BAL%20results%204%206%202011.pdf)

The women matched the men by winning only one event, Bethan Strange taking the 800m B race in 2:15.83.

**Cardiff's other women athletes placing in the first three were as follows:**

Mica Moore (2nd - 100m B);  Charlotte Arter (2nd - 1500m A);  Debbie Rees (2nd - 3000m A);  Gwenno Brown (2nd - 3000m B);  Emily Brown (2nd - 400mH B);  Emma Peters (3rd - 400mH B);  Megan O'Sullivan (3rd - Triple Jump B).

Charlotte Arter was selected as the athlete of the match and is pictured receiving her award from club treasurer Graham Webb.



**The match score (women) was:**

1.  City of Manchester          206.5  
2.  Birchfield H                      169  
3.  Woodford Green & EL   165.5  
4.  Windsor SEH                  161.5  
5.  Edinburgh                        155.5  
6.  Enfield & Haringey          153  
7.  Trafford AC                      140  
8.  Cardiff AAC                     106

[**Good Luck!!**](http://www.cardiffaac.org/news/goodluck.htm) **Thursday 2 June 2011**

[](http://www.cardiffaac.org/news/goodluck.htm)

Cardiff's senior men's British League and women's UK women's League teams start their 2011 campaigns on Saturday next, 4th June. Both teams will be looking for a strong start as they bid to maintain their positions in the premiership divisions of their respective leagues Whereas the women travel to Manchester, the men will have home advantage at Cardiff International Sports Stadium. Come to support your team on Saturday.

This is an important season for the club's teams and men's team manager gave a two page interview to Athletics Weekly recently.   
  
You can read the full interview under.

Who are the best? Cardiff’s male athletes or their women? It is a question that is often asked amid the ribbing on club nights at the new international stadium in the Welsh capital and for some it extends beyond the evening.James Williams is team manager of Cardiff men and his girlfriend Imogen Miles is a long and triple jumper for the women. “My girlfriend thinks that if I try to get some sponsorship for the club, it should always be split evenly between the men and the women,” he said.“I always tell her I have gone out and got it. But we end up having to split the money – she always gets her way! There is always a bit of banter between the teams because the women have been going up and down between the Premiership and Division One, so they were rubbing our faces in it when we were down in division two and three. We had no option but to try to compete with them and get up to the Premiership as well.”And that is exactly what they did. At the start of next month, the pendulum of Cardiff power will be starting to balance itself out a bit more evenly on the track when the new domestic league seasons begin.While Miles and her team-mates are back in the top division of the UK Women’s League again, the men have returned with their second promotion in as many seasons in the British Athletic League.As Williams said: “The whole club has a new buzz about it. It was our second successive promotion and we did not really expect it. We thought last year that we would be consolidating our position in Division One.“The key is to stay there. It is a long time since Cardiff’s men have been in this division and we are excited. We are one of only a handful of clubs who have been in the British League since its inception, we are former British League winners but we have always underperformed in it.“To make it back to the Premiership shows the turnaround of the club in the last few years with the new stadium – the youngsters coming through and it seems to be filtering into the senior team.”Williams, at 28, is a stalwart at the club. Which might seem a bit odd for someone so young, but he has been there for 12 years and has progressed through the ranks – from middle distance runner to steeplechaser to team captain and, for the past two years, team manager.On June 4, he will be ready for the most important team talk of his life when his young squad gathers for one of the biggest matches in the club’s history. They have the honour of hosting the first of the four League matches of the season and Williams, who works for Gilbert Rugby, has been going over in his mind what he is going to say.“I want them to go out there and use the experience,” he said. “They now have the perfect platform to compete against the best in the UK and it is effectively going to be an additional four AAA championships for us.“It is going to be the best competition some of them have ever had – and it might be the best competition that they will ever compete in. They have to use it and enjoy it.”The magnificent Cardiff International Sports Stadium, which was opened in January 2009, says so much about the progress of the club: they are thriving off the track with these outstanding facilities and now both their men and women’s teams are ready to establish themselves on the top table of the sport’s leagues.The menu is not going to be easy for the men, led by the strength of Newham & Essex, the defending champions. But Cardiff, who were formed in 1882 as Roath (Cardiff) Harriers, starting out as a cross country club, want to recreate some of the glory years of the 1970s. They were British Athletics League champions in 1973, 1974 and 1975, but Williams knows there is no rush. First, it is about establishing themselves there again.Looking down the list of club record-breakers, the big names of the past include Colin Jackson and Jamie Baulch. But now the club is very much about developing youngsters for the future, who are gelling together so well that they made their mark on Division One from the start 12 months ago and never gave it up.The names to look out for in the BAL season include young sprinters Liam Duff, 22, in the 100m and 20 year old Gareth Hopkins in the 200m.Joe Thomas, 23, will be aiming to progress, having run the 400m and 800m for the club last season before finishing seventh in the latter event at the Commonwealth Games in Delhi where he was joined by team-mate Gareth Warburton, 28, who was fourth in the 800m in India.Wiliams said: “We are a very young team – but the guys have matured. When they were on the team at first, they were young and their performance level was not what it is now. We probably struggled – but these guys have stayed in the squad, they have used the British League to improve and we have a fantastic team atmosphere.“In the past, Cardiff has had a number of superstar athletes who never really competed for us. There was then a massive gap in experience and performance from those guys at the top and those who actually performed.“Now we have a group who are not superstar athletes but they are Welsh internationals. They make AAA finals. If we can start well, with the first match in Cardiff, we can do okay. But we know it is going to be tough.”They may have thought that last year but, on home soil, like this time, they finished second behind Sheffield in the opening meeting of the season, and that is the way the table ended up.Cardiff’s women made a flying start to last season, winning their opening match at home and never looked back. They triumphed in the next two fixtures, at Bedford and Wavetree, Liverpool, and won promotion in style, champions by four points from Enfield & Haringey.But as Williams looks ahead, he is hoping the success of the men could also inspire some of the old club members to return. He said: “The ironic thing is that in some of the events that we are quite weak in, a lot of the guys who will be winning the event in the League are ex-Cardiff athletes.”One is discus thrower Brett Morse, who now competes for Birchfield and was unbeaten in the Premiership last year and will be one of the stars again in the season ahead.But that is for the future. As Williams contemplates that team talk, he cannot predict what is ahead in the next few months. But what he does probably know is that the Cardiff line-up might not include him too often.“I compete, but only when we are incredibly desperate,” he said. “I ran last year to earn us a poor point in the steeplechase when  no one else was available but I spent the entire race running around thinking who I was going to pick in the 4x100m and 4x400m.Hopefully you won’t be seeing me in the Premiership but you never know.”

[**Stronger NJL team**](http://www.cardiffaac.org/news/strongerperformancebynjlteam.htm) **Tuesday 31 May 2011**

[](http://www.cardiffaac.org/news/strongerperformancebynjlteam.htm)

After a last minute change of venue, the second round of the National Junior League took place on Monday, 29 May, and Cardiff produced a much improved performance, finishing fourth on the day. Amongst some excellent performances, Elliot Slade, only 16, (pictured) demonstrated further progress with another personal best and club record in the 800m (1:54.50). He also improved his 1500m time. It was with relief that the team set off from Cardiff to make its way to Birmingham. The meeting point had to be switched because of the cricket at Sophia Gardens and the venue was changed from Alexander Stadium to Wyndley due to uncertainties over the certification of the track being completed in time. Only one athlete and one track judge were mislaid in the melee but they were soon re-united with the rest of the party.

The temperature was a few degrees below the norm for late May and the wind was decidedly blustery on occasions, although it did help towards a few PB's in the 100m races! It was also responsible for the cancellation of the Boys' Pole Vault competition after the uprights became parallel bars following one particularly impressive gust. This was very disappointing for the athletes after travelling all that way to compete, but Health and Safety must prevail in these circumstances.   
   
In spite of the weather, it was an enjoyable day for the athletes, their supporters and the team managers alike.   
   
Many PB's were set during the day, including 2 athletes who managed to bag a brace of them, Elliot Slade (800m & 1500m) and Ayla Phillips (Hammer and Shot). It was great to see most events being covered this time after the gaping holes of the first match. All the athletes seemed to enjoy the day and most have indicated their intention to compete in the next round at Derby on 10th July. This will be an early start to ensure the team arrives in plenty of time to warm up for the first events, but Debbie and Julie are hoping a bacon or sausage McMuffin on the way may be too tempting to refuse!  
  
**Cardiff's individual event winners were as follows:**

Jamaul Whyte (100m B);  Elliot Slade (800m A);  Alex Coomber (800m B);  Ryan Leonard (Discus B).  
  
Lauren Regan (400m B);  Clare Harwood (3000m B);  Megan Thomas (400mH B).

**The match result was:**

1.  Birchfield H              535  
2.  West Wales             522  
3.  Notts AC                  422  
4.  Cardiff AAC             417  
5.  Cannock & Staffs    402  
6.  Mansfield                  380  
7.  Rugby & Northants  362  
8.  Charnwood AC        210

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/NJL%20results%2029%20May%202011.pdf)

[**Success at U15 League**](http://www.cardiffaac.org/news/successesatwelshunder15league.htm) **Sunday 29 May 2011**

[](http://www.cardiffaac.org/news/successesatwelshunder15league.htm)

Sixty Cardiff AAC athletes took part in the second round of the Welsh Under 15 League, held at Hereford yesterday, 28th May. The star performer was Harry Hillman (pictured) who won the under 13 boys 100m, high jump and shot put, breaking his own league records in the 100m and high jump and setting a personal best in the shot put.

Numerous other personal bests were set in breezy but mainly dry conditions.

New league records were also set by Holly Ahmed (under 11 girls' 800m), George Griffiths (under 15 boys' 100m) and Tom Trottman (under 15 boys' high jump).

Cardiff took first, second and third places  in the under 13 girls' 70m Hurdles.

**The full list of Cardiff event winners is as follows:**

**Under 11 girls:**  Holly Ahmed (800m - 2:49.5/league record);   Lydia Gill (75mH race 3);  Sophia Vella (150m race 4).

**Under 11 boys:**  Tom Atkinson (75m race 1);  Meical Harding (long jump/pb);  Ieuan Priday (javelin/pb).

**Under 13 girls:**  Lauren Evans (100m race 2 & 70mH);  Catrin Lord (200m race 3);  Elishka Couper (800m);  Emma Ligthart (1500m); Caitlin Exon (high jump/pb).

**Under 13 boys:**  Harry Hillman (100m race 1 - 12.8/league record;  high jump - 1.43m/league record;  shot put/pb).

**Under 15 girls:**  Bethan Trigg (75mH);  Alice Brennan (high jump/pb);  Olivia Evans (pole vault/pb).

**Under 15 boys:**  George Griffiths (100m race 1 - 11.5/league record;  200m race 2);  Tom Trottman (100m race 2; 200m race 3; high jump - 1.71m/league record).

The team managers thank John Field, Steve Lord, Mrs Couper and other parents for their sterling help.

The next Welsh Junior League fixture is in two weeks on Sunday 12th June at Aberdare and it would be great to have 80 athletes or more competing. Those interested please phone or email:

Andrew Seary (Girls Team Manager) (mobile 0780 245 4589) (email: [andrew.seary@ntlworld.com](mailto:andrew.seary@ntlworld.com))   
Alison Love (Boys team Manger)  (mobile 0780 882 9545) (email: [alison.love@hughjames.com](mailto:alison.love@hughjames.com))

To view the complete results click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20U15%20lg%20results%2028%20May%202011.pdf)

[**ENTRIES CLOSE TODAY**](http://www.cardiffaac.org/news/entriesclosetomorrow.htm) **Thursday 26 May 2011**

[](http://www.cardiffaac.org/news/entriesclosetomorrow.htm)

Important information for all athletes and coaches. Re. The Welsh Closed Under 17 & Open Under 20 Track & Field Championships to be held in Wrexham on Saturday 11th June. As this event will serve as the selection meeting for many opportunities for these age groups throughout the summer, it is vital that all athletes wishing to be considered enter and compete in the Championships.

This event is an important part of the Welsh Athletics performance pathway, for the following events:    
   
   
**• Commonwealth Youth Games Trials:** Chance for athletes to stake their case to be selected for the games to be held in the Isle of Man this September.  
   
**• U20/U23 UK Championship:**  Places available as part of a Welsh team for athletes to be supported with travel & accommodation.   
   
**• Swansea International 22nd June:** Selection for the match that will be a high quality meeting including top US College athletes.  
   
•**International Opportunities overseas:**  last year saw chances to abroad included Sweden & Belgium, in top class meetings.  
   
Entries close on the:  Thursday 26th May 2011.

To enter go the Welsh Athletics website or click on [**ENTRIES.**](http://www.athletics-uk.net/wales/2011/)

[**Absentees hit YAL team**](http://www.cardiffaac.org/news/absenteeshityoungathletesleagueteam.htm) **Monday 23 May 2011**

[](http://www.cardiffaac.org/news/absenteeshityoungathletesleagueteam.htm)

The second round of the Young Athletes' League series took place at Yate yesterday, 23 May, with Cardiff finishing third. Despite numerous excellent performances by those who travelled to Yate, absentees through examinations and other reasons meant that Cardiff was unable to challenge for a top place. Double event winners for Cardiff were Harry Hillman, George Griffiths and James McGuire.

**The full list of Cardiff's event winners is as follows:**

**Under 17 men:**James McGuire (triple jump & long jump);  Jonathan Hobbs (200m);  Tyrone Blake (high jump);  Matteo Holmes (hammer); Matthew Field (discus);  4x100m (Jonathan Hobbs, Sam Gordon, James McGuire, Ryan Cooper).

**Under 17 women:**Sally Nicholas (300m).

**Under 15 boys:**George Griffiths (100m & long jump);  Tom Trotman (high jump); 4x400m (Ciaran Lewis, Alex Love, Tom Edmunds, Dafydd George).

**Under 15 girls:**  
Claire Taylor (75mH);  Kate Seary (1500m);  Holly Field (discus).

**Under 13 boys:**Harry Hillman (75mH & high jump);  Iwan Williams (long jump).

The match score was: 1. Rugby & Northants (662.5);  2. Yate & District (493.5);  3. Cardiff AAC (462).

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/NYAL%20Yate%202011-05-22%20Results.pdf)

[**Schools awards evening**](http://www.cardiffaac.org/news/schoolsawardsevening.htm) **Friday 20 May 2011**

[](http://www.cardiffaac.org/news/schoolsawardsevening.htm)

Three members of Cardiff AAC scooped the top individual awards at the recent Cardiff & the Vale of Glamorgan Schools Cross-Country Presentation Evening, held at Ysgol Gyfun Bro Morgannwg in Barry. Darren Jones, Kate Seary (pictured receiving her award from Ridley Griffiths) and Elliot Slade received the Denys Gumbley Shield, the Thomas Burge Cup and the Birchgrove Cup respectively.

Llantwit resident Darren Jones received the ‘Denys Gumbley Shield’ for service from Association Chairman, Rob Glaves (St Cyres).  Darren has competed for the Cardiff & the Vale Schools team for the last seven years, and is the first pupil to represent the district at seven consecutive Welsh Schools’ National cross-country championships.  To mark that achievement, he was made the senior boys’ captain at this year’s Nationals on March 16th, and he was also presented with a special plaque at the Presentation evening.  
  


**Darren Jones receiving his award from Rob Glaves**

The Outstanding Girl award – the Thomas Burge Cup – was presented by South Wales Regional President Ridley Griffiths to Kate Seary.  The Whitchurch year 9 pupil had an excellent winter over the country in schools’ events, claiming a league points and championship double in the under 15 section at Cardiff & the Vale level, finishing fourth at the Aviva Welsh Schools Nationals and leading the district team to victory for the second successive year, and producing hugely encouraging performances when representing Welsh Schools in the under 15 age group at the Aviva SIAB cross-country international in Antrim (17th) and at the Virgin Money Giving Mini London Marathon (28th), where she hacked more than three minutes off her 2010 time.

The Birchgrove Cup, named after one of the two local clubs which amalgamated to form Cardiff AAC, was presented to Elliot Slade by Commonwealth Games medallist Matt Elias, who gained his first international vest when, in 1993 as a year 9 pupil at Whitchurch High, he represented Welsh Schools in the SIAB under 15 cross-country international at Llanelli.  This is the second year that Bishop of Llandaff pupil Slade has been honoured with the trophy.  In 2010, the award was merited on the grounds of his performances in Cardiff & the Vale Schools competitions.  This winter he has shown a greater maturity both in terms of fitness and race awareness.  The outcome has not only been the retention of his Cardiff & the Vale titles but also individual and team success in the under 17 schools’ section of the McCain Cardiff Cross Challenge, the individual Middle title and a second successive team success at the Aviva Welsh Schools Nationals and two excellent performances when making his debut for the Welsh Schools under 17 team at the Aviva SIAB cross-country international (10th) and the Mini London Marathon (13th).  Although his GCSE examinations must take top priority this term, it will be interesting, after such a good winter over the country, to see what he can achieve on the track over both 800 and 400 metres. In this regard he has already made a good start, recording a fast 1:55 for the 800m in last weekend's regional championships.



**Elliot Slade receiving his award from Matt Elias**

On an evening intended to celebrate one of the most successful winters in the history of the local schools’ association, in addition to these three trophies, awards were made for league and championships competitions while district colours medals were presented to the 91 children, who competed for the district at the Welsh Schools National cross-country championships in March, and the twelve pupils, who represented Welsh Schools at SIAB in Antrim and the Mini London Marathon, each received plaque.  
  
The photgraphs were kindly provided by Ian Dixon.

[**Medals Galore for Cardiff**](http://www.cardiffaac.org/news/medalsgaloreatregionalchampionships.htm) **Sunday 15 May 2011**

[](http://www.cardiffaac.org/news/medalsgaloreatregionalchampionships.htm)

The combined South and East Wales Regional Championships were held yesterday, 14th May, in cool but dry conditions at Cardiff International Sports Stadium. Many club athletes set personal best performances in amassing a total of no less than 110 medals. Amongst many excellent early season performances, championship best performances were set by Joe Thomas (SM 400m - 47.29), Lianne Clarke (SW Javelin 49.99m), Bradley Cole (U20M Javelin - 55.26m) and Elliott Slade (U17M 800m - 1:55). Harry Hillman (pictured) and Thomas Trottman each won three gold medals.

[**First outing for Young Athletes**](http://www.cardiffaac.org/news/firstoutingforyoungathletes.htm) **Wednesday 11 May 2011**

[](http://www.cardiffaac.org/news/firstoutingforyoungathletes.htm)

The first round of the UK Young Athletes' League was held on Sunday last, 8th May, at Cheltenham. Cardiff's team, suffering from absentees and withdrawals, came third behind hosts Cheltenham and Carmarthen. Considering that 49 positions remained unfilled, this was a great performance by all, with great commitment to the cause, most athletes doing three or even four events. Pictured (running cross country) is Elliot Slade who won both the 800m and 1,500m in the under 17 age group.

Several best performances were set and the team included six new club athletes. Noteworthy was George Griffiths' three wins in the 100m, 200m and long jump, the latter with a personal best leap of 6.23m which places him second in the latest UK under 15 rankings.

Despite the disappointing final position, it was a very enjoyable day's athletics and thanks also go to Graham Webb (timekeeping) and Alan Garrison (field judging).

With three more rounds to go, team managers Andrew Seary and Vince Jones are confident that the team is good enough to make the play offs later in the season.

**The match scores were:**

1.  Cheltenham   655  
2.  Carmarthen   455  
3.  Cardiff AAC  415

**Cardiff's event winners were:**

**Under 13 boys:**  Iwan Williams (long jump - 3.81m)  
**Under 13 girls:**  Claire Halligan (long jump - 3.54m);  Elishka Cooper (800m - 2:41.0);  Emma Ligthart (1200m - 4:26.7).

**Under 15 boys:**  George Griffiths (long jump - 6.23m/ 100m - 12.9/  200m - 24.1);  Dafydd Williams (400m - 60.5);  Tom Trottman (high jump - 1.70m)  
**Under 15 girls:**  Kate Seary (1500m - 4:57.6).

**Under 17 boys:**  Elliot Slade (800m - 1.56.6/ 1500m - 4:14.7);  Sam Gordon (100m - 11.2/  long jump - 5.61m);  Tyrone Blake (high jump - 1.70m);  Matteo Holmes (hammer - 42.40m).  
**Under 17 girls:**  Lucy Daly (pole vault - 2.62m);  Atalanta Taylor (high jump - 1.35m).

[**Creditable cup performance**](http://www.cardiffaac.org/news/creditablecupperformancebyseniorteams.htm) **Monday 9 May 2011**

[](http://www.cardiffaac.org/news/creditablecupperformancebyseniorteams.htm)

Cardiff's senior team had an early season outing as they participated in the Jo Smith Cup for the first time at Eton on Saturday last, 7th May. The team competition sees the top eight clubs in Britain competing against one another and it is also a rare opportunity for both the men's and women's teams to compete together. Emily Brown (pictured) was the star performer on the day, winning the 2000m steeplechase, just an hour after finishing 3rd in the 400m Hurdles.

Both Cardiff teams were hampered by late drop outs and the event clashing with other events with both men's and women's teams failing to fill every event.  
   
On the track there were season's best for Liam Duff and Gareth Price in the 100m, while Gareth Hopkins showed that he is ready for a big season with an encouraging 21.81 in the 200m. Tom Marley made his debut for the team, finishing 3rd in the 1500m after stepping in at the last minute to replace Joe Thomas in the 800m - where he finished 5th. Michael Kershaw finished well to clinch 4th in the 3,000m in a seasons best time of 8.36, just ahead of team mate James Mills.  
   
In the field, it was a glimpse of the future of the club as young thrower Bradley Cole made his senior debut - his event (Hammer) was probably the highest standard competition of the day, as three Commonwealth finalists (including 1 medalist) battled it out. Jamaul Whyte and Rhys Williams also posted season's bests in the high and long jump respectively. Phil Warwicker admitted to feeling a bit tired from his BUCS performance the previous weekend as he jumped 13.26m on his Cardiff debut.

Other notable performances were the men's 4x100m (second) and 4x400m relays (third) while men's Captain Dave Coleman had a taste of what's to come this season as he finished 4th in a high standard discus, won by former Cardiff member Brett Morse.  
   
On the women's side, there were solid season openers for Mica Moore and Melanie Stephenson in the sprints, while Kathryn Davis and Bethan Strange picked up good points in the distance events.  Team Manager Debbie Rees stepped in at the last minute to finish 4th in the 3,000m, surprising herself with a track PB of 9:49.  
   
Both teams will now know what to expect this season as thery start their League campaigns in early June.

The final match score was:

1.  Windsor Slough Eton & Hounslow:  230   
2.  Woodford Green w Essex Ladies:  211   
3.  Shaftesbury Barnet Harriers:  198   
4.  Birchfield Harriers: 185   
5.  Sale H Manchester:  180   
6.  Cardiff AAC:  126   
7.  Newham & Essex Beagles:  117   
8.  Enfield & Haringey:  71

To view the full results, click on [**CUP RESULTS.**](http://www.cardiffaac.org/files/BAL%20Cup%202011%20results.pdf)

[**Date change for U13/15**](http://www.cardiffaac.org/news/importantdatechangeforu1315.htm) **Sunday 8 May 2011**

This years South Wales Regional Championships will take place at the Cardiff International Sports Stadium on Saturday next, 14th May. PARENTS AND ATHLETES PLEASE NOTE. THE U13 & U15 800m WILL NOW TAKE PLACE DURING THE MAIN CHAMPIONSHIPS ON SATURDAY 14TH MAY. PLEASE DECIDE WHICH EVENT YOU WISH TO TAKE PART IN AS U13 & U15 ATHLETES UNDER UKA RULES ARE ONLY ALLOWED TO RUN IN 1 DISTANCE RACE IN ONE COMPETITIVE DAY

[**Big test for senior teams**](http://www.cardiffaac.org/news/bigtestforseniorteams.htm) **Thursday 28 April 2011**

[](http://www.cardiffaac.org/news/bigtestforseniorteams.htm)

After finishing the 2010 season with a flourish and gaining promotion back to the premier divisions, Cardiff's men's and women's senior teams will face their first big test in the British Athletic League's Jo Smith Cup at Eton on Saturday 7th May. The Jo Smith Cup brings together the eight best clubs in Britain in a joint men and women's competition, with only one competitor per event. Men and women both score towards the final result so this is a real test of club strength.

Having finished second behind Sheffield in last year's promotion battle, Cardiff's men have certainly got the potential to hold their own with the best - provided that James Williams can produce a good team on the day. This will not be so easy with such a big match falling early in the season but we wish him and the team the best of luck.

Cardiff's ladies clinched promotion by finishing top of their division and can also look foward to a good season, aiming at retaining their place at the top.

The leagues proper start with the men who have a home match in Cardiff on Saturday 4th June and welcome the seven other top clubs in Britain to our home stadium. The ladies travel to Trafford the same day for their first match of the season.

It would be good if club members could support the men's team on 4th June and also take the opportunity to see some of Britain's best athletes in action. Why not also come to Eton on 7th May to see the Jo Smith Cup? The timetable can be viewed by clicking on [**Jo Smith Timetable.**](http://www.cardiffaac.org/files/Jo%20Smith%20Cup%20Timetable%202011.pdf)

[**Summer season starts**](http://www.cardiffaac.org/news/summerseasonstartswithwelshleague.htm) **Monday 18 April 2011**

[](http://www.cardiffaac.org/news/summerseasonstartswithwelshleague.htm)

The 2011 summer track and field season kicks off on Saturday next, 23 April, with the first round of the Welsh Senior League at Brecon. Age groups for the senior league are Under 17, Under 20 and Senior, with 4 athletes from each club per event, per age group, permitted of which the best two athletes score points for the club.

This is a good opportunity for athletes to test their form after the winter and any athletes wishing to take part should contact Julie Jones at her email address [JulieJones100@aol.com](mailto:JulieJones100@aol.com) to let her know which events they would like to be considered for. Julie will then email them a selection letter.  Team Managers on the day will be Debbie Bull and Tracy Allen.

Further details of the league system and the timetable for the day can be found on the Welsh Athletics website by clicking on [**Welsh League.**](http://www.welshathletics.org/competitions/events/track--field/welsh-senior-league-2011-m1-brecon.aspx)

[**Life member Reg Snow dies**](http://www.cardiffaac.org/news/lifememberregsnowpassesaway.htm) **Thursday 14 April 2011**

[](http://www.cardiffaac.org/news/lifememberregsnowpassesaway.htm)

One of Cardiff's oldest surviving life members Reg Snow died two days ago, on Tuesday, 12 April. He was one of the stalwarts of the sport in Wales for over half a century and the photograph (apologies for the poor quality) shows him as team manager to the 1978 Welsh Commonwealth Games team (fourth from the left in the front row).

Reg Snow was, in his day, one of Wales' finest sprinters and a member of Roath Harriers, one of the two clubs in Cardiff that amalgamated to form Cardiff AAC in 1968. He continued his association with Cardiff AAC and followed the fortunes of the club with interest and affection.  
  
After concluding his career as a sprinter, Reg turned his attention to the administration of the sport and for many years he was the Welsh AAA Championships secretary at a time when this position meant that he was in today’s terms the meeting director. But what was different in those days was that he virtually organised the championships on his own, from accepting the entries at his home in Turnham Green in Cardiff, compiling the programme and timetable, and appointing the meeting officials. And all this was done whilst still working full-time as a civil servant.

Apart from his job as championships secretary he undertook a large number of high profile roles including that of Welsh team manager at three successive Commonwealth Games between 1974 and 1982; British team selector for many years including two Olympic Games; and was a Welsh representative on the old British Amateur Athletics Board – effectively the forerunner of today’s UK governing body.

In his competitive days he finished in the first three of the Welsh 220 yards championships on four occasions in the early 1950s, and missed winning a Welsh title only due to the presence of Olympic silver medallist Ken Jones. He also won Glamorgan titles at both sprints. His best 220 yards time of 22.3 in 1950 made him the 12th fastest in Britain that year.

He was awarded the MBE for his services to Welsh athletics in 1986.

Reg was one of those tireless backroom volunteers who for almost half a century served Welsh athletics as an athlete and administrator, and was just as happy working behind the scenes as he was serving Welsh athletics at British level.

He was part of a breed that we are never likely to see again.

We send our deepest condolences to his family.

The funeral of will take place on Wednesday 20th April. There will be a Requiem Mass at 9.30 am at Cardiff Metropolitan Cathedral of St. David, Charles St, Cardiff followed by cremation at 11am at Thornhill Crematorium.

Attenders are invited to the Manor Parc restaurant after the funeral for refreshments but Reg's daughter would be grateful if those intending to go would let her know in order to plan for numbers. Please contact her by email at [catherinehamill@talktalk.net](mailto:catherinehamill@talktalk.net) or by telephone to 07715 622 277.

Other Cardiff AAC members in the photograph of the 1978 team are:

Mike Critchley (back row, second from left)  
Mike Delaney (back row, far right)  
Dave Roberts (middle row, far left)  
John Phillips (middle row, third from right)  
Venissa Head (front row, second from right)  
Berwyn Price (front row, third from right)

Thanks to Clive Williams for this article.

[**Cardiff eighth in Relays**](http://www.cardiffaac.org/news/cardiffeighthinnationalroadrelays.htm) **Monday 11 April 2011**

[](http://www.cardiffaac.org/news/cardiffeighthinnationalroadrelays.htm)

Cardiff's men's team finished in an excellent eighth place in last Saturday's National Road Relays at Sutton Park, Birmingham, just pipping rivals Swansea Harriers who finished ninth. This highly prestigious event brings together the finest road running clubs in the whole of Britain and a placing in the top 10 is a mark of a quality team. In excellent conditions, 63 teams started and 60 finished the relay which consists of 6 "short" legs alternating with 6 "long" legs. Cardiff's overall time was 4hrs:16:56 a mere 21 seconds ahead of Swansea.

Club captain James Thie set the team off and completed his long leg in 12th place before rushing off to a meeting at UKA in Solihull. Ieuan Thomas pulled the team up to 6th on the second (short) stage and Alex Hains improved to 4th before James Mills concluded his stint in third place. This was to be Cardiff's highest position but, by the end of stage 8, the team had settled into 8th place and held this until the end.

Kevin Seaward, running stage 9, clocked the fourth fastest time of the stage, Ieuan Thomas was seventh fastest of stage 2 and Nat Lane was eighth fastest on stage 11.

The final stage was run by James Raven who managed to hold off Swansea's Steven Davies. Individual performance were as follows:

Stage 1:  James Thie (26:58):  12th  
Stage 2:  Ieuan Thomas (14:46):  6th  
Stage 3:  Alex Hains (27:04):  4th  
Stage 4:  James MIlls (15:02):  3rd  
Stage 5:  Rowan Axe (27:25):  6th  
Stage 6:  Michael Kershaw (15:13):  8th  
Stage 7:  Adam Bitchell (27:42):  9th  
Stage 8:  Jonathan Peters (15:52):  8th  
Stage 9:  Kevin Seaward (26:42):  8th  
Stage 10:  Michael Kallenberg (15:52):  8th  
Stage 11:  Nat Lane (27:55):  8th  
Stage 12:  James Raven (16:25): 8th

[**Cardiff clean up at relays**](http://www.cardiffaac.org/news/cardiffcleanupatwelshroadrelays.htm) **Wednesday 6 April 2011**

[](http://www.cardiffaac.org/news/cardiffcleanupatwelshroadrelays.htm)

Cardiff teams won medals in every age category except masters at the Welsh Road Relay Championships held on a warm and sunny but windy day at Llandow last Sunday 3rd April. The senior men's team succesfuly re-claimed the title that eluded them last year. In-form Rowan Axe was first back on stage one with Cardiff B team's Nat Lane second. The A team was never troubled and increased its lead with Adam Bitchell and James Mills running well and anchor man Ieuan Thomas (pictured) recording the fastest stage of the day. The senior ladies' teams finished second to a strong Swansea team with Debbie Rees recording the third fastest overall leg despite feeling under the weather.

The under 17 men's team of Mike Ward, Alex Coomber and Elliott Slade also took the gold medals, with Elliott running the fastest leg of the day and Mike and Alex the equal third fastest.

The under 13 boys' team of Rhys Gooch, Sam Curwen, Charlie Heaton and Kieran Harris also took the honours with Rhys recording the second fastest leg.

Cardiff's complete performances were as follows:

**Under 13 girls:** "A" team second:  Elishka Coupar, Alice Bradley, Megan Tatnell, Emma Ligthart. Elishka was the sixth fastest.  
                              "B" team eighth:   Annabelle Buck-Hirst, Georgina Davis, Emily Thomas, Bethan Register.

**Under 13 boys:**  "A" team first:  Rhys Gooch, Sam Curwen, Charlie Heaton, Kieran Harris. Rhys was the second fastest.  
                                "B" team fourth:  Mike Bellew, Alex Love, Gethin Jones, Jacob Knight.

**Under 15 girls:**  Third:  Kate Coker, Francesca Morris, Erin Hayes, Kate Seary. Kate ran the third fastest leg.

**Under 15 boys:**  "A" team second:  Ciaran Lewis, Dafydd George, John Cove. Ciaran ran the fifth fastet leg.  
                               "B" team fifth:  Tom Edmunds, Jacob Preece, Declan Morris.

**Under 17 women:**  Second:  Anna Morris, Heledd Williams, Claire Harwood. Anna ran the fourth fastest leg.

**Under 17 men:**  First: Mike Ward, Alex Coomber, Elliott Slade.

**Senior women:**  "A" team second:  Debbie Rees, Paris Williams, Bethan Strange, Victoria Nasrat.  
                               "B" team fourth:  Emma Loveland, Liz Davies, Harriet Morris, Emily Brown.

**Senior men:**  "A" team first:  Rowan Axe, Adam Bitchell, James Mills, Ieuan Thomas. Ieuan ran the fastest leg, Rowan the   
                          second fastest and Adam the fourth fastest.  
                         "B" team third:  Nat Lane, Michael Kershaw, Jonathan Peters, James Thie.  Nat ran the fifth fastest leg.



**The under 15 boys' team**

The complete results may be seen by clicking on [**RESULTS**.](http://www.cardiffaac.org/files/Welsh%20Road%20Relays%202011.pdf)

[**Regional Champs Deadline**](http://www.cardiffaac.org/news/regionalchampsentrydeadline.htm) **Thursday 31 March 2011**

[](http://www.cardiffaac.org/news/regionalchampsentrydeadline.htm)

The track and field seson is upon us and thoughts turn to the South & East Wales combined Regional Championships. The main championships will be held at Cardiff International Sports Stadium on Saturday, 14th May with the 800m (U13 and U15 only) a few days earlier on Wednesday 11th, also in Cardiff. Entries close on Friday 15th April (two weeks tomorrow).

These championships are always a good indicator of how training has paid off over the winter and what the season ahead might hold.

All club members are urged to enter and the entry conditions and application forms can be downloaded from the Welsh Athletics web site or by clicking [**ENTRIES.**](http://www.cardiffaac.org/files/Reg%20Champ%20Entry%20form%202011.pdf)

[**Off to Antrim**](http://www.cardiffaac.org/news/offtoantrim.htm) **Thursday 24 March 2011**

[](http://www.cardiffaac.org/news/offtoantrim.htm)

Cardiff AAC will be well represented in Antrim, Northern Ireland, on Saturday next, 26th March where Welsh and Welsh Schools teams will contest the home countries cross country internationals. Wearing the Welsh vest will be John Peters (senior men), Rowan Axe (junior men and hoping to continue his run of good form after his excellent win in the Atlantic College 10k last weekend) and twins Michelle and Natalie Allen (junior women). Cardiff's Graham Finlayson, Tracy Allen and Phil Banning will be the team managers.

Also being contested at Antrim will be the Schools International Cross Country international and representing Welsh schools will be:

Junior boys:  John Cove and Dafydd George  
Junior girls:   Kate Seary and Kate Coker  
Middle boys:  Elliot Slade and Michael Ward

The schools' under 20 team includes Zoe Thomas and Matthew Drury.

Good luck to all.

[**Indoor Discus throw**](http://www.cardiffaac.org/news/indoordiscusthrowfromdavecoleman.htm) **Friday 18 March 2011**

[](http://www.cardiffaac.org/news/indoordiscusthrowfromdavecoleman.htm)

Cardiff's Dave Coleman, a key member of the club's British League team, competed in an INDOOR (yes, indoor) throwing competition in Vaxjo, Sweden on March 4th, placing fifth in the B discus competition with 50.99m. Conditions indoor (no wind) are unfavourable for discus and javelin so Dave's performance compares well with his outdoor best. The A competition was won by Estonia's Olympic Champion Gerd Kanter (pictured) with a throw of 66.92m. Former Cardiff member Brett Morse was 4th with 60.99m

Naturally, there are not many places where indoor discus (and javelin) competitions can be held but these performances by Brett and Dave augur well for the outdoor season to come. It is possible that Brett may rejoin Cardiff next year to strengthen the BAL team. Let's hope so.

It is also notable that former Cardiff star Venissa Head (Commonwealth silver medallist way back in 1986) is still Britain's second best ever discus thrower with a career best of 64.68m set in 1983.

[**We need help**](http://www.cardiffaac.org/news/weneedhelp.htm) **Thursday 10 March 2011**

[](http://www.cardiffaac.org/news/weneedhelp.htm)

The summer season is fast approaching and, in common with all clubs, we need team managers to help with the organisation of club teams. The Welsh Junior League is especially important as it gives good experience to the under 11, under 13 and under 15 age groups and everyone gets a chance to compete as each club can enter six athletes in each event. If your son or daughter is in these age groups and you could help, please contact Andrew Seary (07802 245589) or anyone in the club office at the Cardiff stadium. You will be welcomed with open arms.

We are very short of team managers for the Welsh Junior league and, regrettably, if we cannot find extra help we shall not be able to enter teams.

We are looking for up to six people so, why not volunteer? It can be very rewarding and there are only five matches during the season.

The club is a completely voluntary organisation depending entirely on enthusiasts to carry out the many tasks needed to maintain Cardiff's reputation as the top club in Wales.

Come and join us.

[**Matt Field wins in Birmingham**](http://www.cardiffaac.org/news/mattfieldwininbirmingham.htm) **Wednesday 2 March 2011**

[](http://www.cardiffaac.org/news/mattfieldwininbirmingham.htm)

Cardiff's promising young shot putter, Matthew Field (pictured at this year's Welsh indoor championship), added to his Welsh title by winning the England Athletics Under 17 shot put championship in Birmingham last weekend with a winning throw of 15.57m. Elsewhere, Jonathan Bailey took the bronze medal in the Under 17 high jump with a leap of 1.86m. Also in the under 17 high jump was Tyrone Blake who finished 10th with 1.76m to add to his 5th place in heat 1 of the 60m hurdles (8.68sec).

Scott Edwards improved in each of his three rounds of the Under 17's 400m, clocking 51.14 in round 1 and 50.44 in  the semi final before finishing fourth in the final in 50.28.

James Wiltshire made the final of the under 20's 400m, finishing 4th in 50.28 after taking 2nd and 4th places respectively in round 1 (50.47) and the semi final (50.92).

Mica Moore contested both the 60m and 200m in the under women's 20 age group, finishing 5th in the 60m final in 7.75 but missing out on the final of the 200m despite finishing 2nd in her first round heat in 25.29.

The under 15 women's pole vault included two Cardiff athletes. Olivia Evans finished 5th with a clearance of 2.80m while Holly Field cleared 2.50m for 8th place.

And last, but not least, Megan O'Sullivan jumped 11.43m for 6th place in the under 20 women's triple jump.

[**Ava is Irish Champion**](http://www.cardiffaac.org/news/avaisirishchampion.htm) **Tuesday 1 March 2011**

[](http://www.cardiffaac.org/news/avaisirishchampion.htm)

Cardiff's Irish international Ava Hutchinson became Ireland's cross country champion on Saturday last, 26th February, when she won the Inter Club Cross Country Championships at Santry Demesne (this event counts as the Irish Championship). Presumably this means that Ava (pictured during a Cardiff Cross Challenge) will be in the Irish team for the forthcoming World Cross Country Championships in Spain later this month.

A good fresh sunny day made for pleasant conditions and the four races on the programme produced four excellent winners who were all well worthy of the title Irish Champion.

Ava Hutchinson (running for her Irish club Dundrum South Dublin AC) took over the lead at the halfway stage of the senior women’s race and then went clear to win her first senior title in convincing style.

Ava is based at Loughborough and plans to run London Marathon in April 2012.

Well done Ava.

Following Allesandra Wall's "hammer title", Cardiff have enjoyed Swedish and Irish champions in the past two weeks.

[**400m pb for Joe**](http://www.cardiffaac.org/news/400mpbforjoe.htm) **Saturday 26 February 2011**

[](http://www.cardiffaac.org/news/400mpbforjoe.htm)

Cardiff's Joe Thomas set a best ever (indoors or out)personal time for the 400m of 47.94sec when winning his event for the Cardiff Dragons composite team at today's McCain City Challenge at Cardiff's NIAC indoor arena. This speed work perfectly completes Joe's preparation for next weekend's European Championships in Paris where he will contest the 800m, his specialist event. Joe was not the only Cardiff AAC athlete in the Dragons team to shine as Gareth Hopkins won the men's 200m (21.85) and took third in the 60m (7.01), two good performances from him to continue his excellent run of form.

After his event, Joe said: “I thought I’d started well but it was my first time in blocks and going down the back straight I had a bit of work to do. I went for the gap down the home straight on the first lap and just went for it. It’s difficult coming down from 800m, I only did one session with starting blocks during the week so I wasn’t very confident it - I normally do a standing start.”

“I’m excited for the European Indoors, I’m probably in the best form of my life so I want to just get to the final. Indoors anything can happen and the fastest guy doesn’t always win.”

Fifth place seemed to be the order of the day for four other Cardiff athletes as Adam Bitchell was 5th in the men's 1500m (3:53.12), Emma Peters (unlike Joe, stepping up a distance) was 5th in the women's 800m, Gareth Wiltshire was 5th in the men's 800m (1:53.90) and Jamie Leigh-Bowen was 5th in the women's 200m.

These performances helped lift the Cardiff Dragons team to third place in today's match, a big improvement on its 8th, and last, place in the first of the two match series. The Dragons finished in sixth place overall.

[**Ale is Swedish champ.**](http://www.cardiffaac.org/news/cardiffsaleisswedishindoorhammerchamp.htm) **Thursday 24 February 2011**

[](http://www.cardiffaac.org/news/cardiffsaleisswedishindoorhammerchamp.htm)

Alessandra Wall, who is Swedish and is now back in Sweden, lived in Wales for two years a couple of years ago, joined Cardiff A.A.C. and competed for the club's Young Athletes' League team. Ale (pictured during the competition) has just hit the headlines in Sweden by winning the national indoor "hammer throwing" championship in Stockholm.

The  Swedish Athletics Association has introduced "weight throwing" (a sort of indoor hammer throw) for the categories of juniors and youth into the National Championship and this year’s Championship was the first time for this event. Alessandra was part of this "historical" happening and as it says on the Swedish National Athletic webpage:  
  
 “The most sensational victory came by Alessandra Wall (Ullevi FK) in weight throwing for girls 16 where she won the gold medal.  Ale improved her PB with 117 cm during the competition, winning by throwing 14.43m (second was 13.47m). Ale  had been in bed since Monday sick, but with a big effort she went on the bus on Friday that took the teams from Gothenburg to Stockholm to compete for the youth and junior championships.   
Alessandra has only being doing the hammer for 2 years, and it was the first year she also trained this discipline during the winter."

Whilst living in Cardiff, Alessandra first joined the TRACK RATS then moved on to train with David Hawthorn’s jumps group and sprint training with Peter Lane.  Alessandra returned to the U.K. for a holiday last summer and her family timed it so that she could compete for C.A.A.C. teams in the summer.  Alessandra is now training for hammer throwing.

Congratulations to our latest ‘Gold Medalist’ and we look forward to the summer, when Ale may well be joining us again.

(Perhaps U.K. and Welsh Athletics could look at this innovation in Sweden with a view to trying it our here, we are certainly going to follow this up for TRACK RATS and our club throwers.).

Thanks to Dave Hawthorn for providing this article.

[**Adam beats coach to title**](http://www.cardiffaac.org/news/adambeatscoachjamestotitle.htm) **Tuesday 22 February 2011**

[](http://www.cardiffaac.org/news/adambeatscoachjamestotitle.htm)

Cardiff's Adam Bitchell (pictured) improved his personal best by over 11 seconds to win the British Universities 3000m indoor title in Sheffield last weekend in a time of 8:05.16, pushing his coach James Thie into third place. James' time was 8:06.68. Rhiannon Yates took the 60m title in 7.65sec and Jessica Abrahams won the pole vault with a clearance of 3.90m. In Birmingham, Gareth Hopkins set a new personal best 400m time of 48.99sec.

Also in Birmingham, at the Midland Counties Open indoor meeting on Sunday 21st, Gareth won the 200m race 2 in 21.71, with Glyn Hawkes 2nd in 22.56. Glyn Hawkes took first place ahead of Gareth in the 400m race 2 in 48.28.

Phil Doorgachun had placed second in the 200m race 1 in 21.91 and Daniel Dell took the 400m race 4 in 51.01.

[**Cardiff cross country winners**](http://www.cardiffaac.org/news/kateandrowanarewinners.htm) **Sunday 20 February 2011**

[](http://www.cardiffaac.org/news/kateandrowanarewinners.htm)

The long trek to North Wales for the 2011 Welsh cross country championships, held yesterday, 19th February was rewarded for four of Cardiff's runners with championship winners' medals. Kate Seary (pictured receiving her award) won the under 15 girls' race, Michelle Allen t

Michelle's twin sister Natalie finished eighth in the combined women's under 17 and under 20 championship race and Clare Harwood (under 17) finished fourteenth in the same race.

Other Cardiff performances were as follows.  
  
**Senior Men:**  Jon Peters (U23) - 5th;  Nat Lane - 6th;  James Mills - 7th;  James Raven - 16th;  Lewis Winfield-Young - 17th; Brian Dias - 59th.  Cardiff placed second in the team race behind Swansea.

**Under 17 Men:**  Mike Ward - 3rd;  Matt Drury - 7th;  Rory Heslop - 11th.

**Under 15 Boys:**  Ciaran Lewis - 9th;  Tom Edmunds - 18th.

**Under 13 Boys:**  Keiran Harris - 5th;  Alex Love - 15th.

The complete results can be viewed by clicking on [**RESULTS**](http://www.welshathletics.org/media/156114/2011%20welsh%20cross%20country%20championships%20northop.pdf).

he under 20's, Debbie Rees the senior women's and Rowan Axe took the under 20 men's title.

[**New challenge for Tom**](http://www.cardiffaac.org/news/newchallengefortombevan.htm) **Wednesday 16 February 2011**

[](http://www.cardiffaac.org/news/newchallengefortombevan.htm)

Cardiff AAC member and Cardiff High School pupil Tom Bevan, 16, is the new teenage champion of green issues in South Wales. Tom (pictured with his fellow champions) competes for the club in the 400 hurdles and 400 flat in the UK Young Athletes League and is one of five champions announced for the whole of Wales who will have the responsibility of promoting 11 actions that people across Wales can take to reduce their carbon footprints. He succeeds previous Climate Change Champion Rose Stevens, 15, as a figurehead for a national push to make the country greener.

Tom's appointment followed an exhaustive nationwide search to find young people passionate about tackling climate change and he  will spend the next year spreading the word about carbon-cutting actions, encouraging friends, family and local communities to pledge to take some or all of the actions.  
  
The pledges will be published on the Wales Carbon Footprint website to encourage more people to get involved.  
  
The 11 actions this year focus on energy, water and transport habits and include spending a minute less in the shower, joining a car club and insulating lofts or cavity walls.  
  
At the launch, the champions showed off a giant tower made up of blocks to show each of the 11 actions.  
  
Tom said: “I’ve always been passionate about looking after our planet, as it is our home. Becoming a Climate Change Champion seemed like a fantastic opportunity to find out more about its effects and help educate others around me; my friends, family and my local community.”  
  
He now has a busy schedule ahead of him, with community work, as well as sharing his experiences with politicians and environmental experts of the Assembly Government’s Climate Change Commission.  
  
The first competition was launched in 2008 to give youngsters a platform to influence their communities, families and friends to help Wales reduce its carbon footprint.  
  
Jane Davidson, Environment and Sustainability Minister, said: “As we look to meet our target of reducing emissions by 3%, this will be an important year for Welsh action on climate change.  
  
“The five outstanding individuals who have been named Climate Change Champions for 2011 will play a key role in sharing messages across the country.”

Tom is going to have a busy year so good luck to him.

[**Joe Thomas goes to Paris**](http://www.cardiffaac.org/news/joethomasgoestoparis.htm) **Sunday 13 February 2011**

[](http://www.cardiffaac.org/news/joethomasgoestoparis.htm)

Cardiff's Joe Thomas produced an outstanding personal best time indoors to win today's UK Championship 800m at Sheffield in 1:47.87; also a stadium record. His winning time was inside the qualifying time for the European Indoor Championships (1:48.00) and Joe has thereby achieved his first target for this year, to be selected for the Great Britain team which will travel to Paris in March. After winning his heat in a relatively comfortable 1:50.51, Joe dominated the final despite a late effort by runner up Andrew Osagie.

Clubman Gareth Wiltshire set a personal best of 1:51.88 in heat 5 of the 800m, missing out on a place in the final.

Other Cardiff athletes in evidence in Sheffield included three in the men's 200m - Gareth Hopkins, Tom Knight and Phil Doorgachurn. Gareth led the trio, clocking 21.76 to finish third in the B final. Commonwealth Games finalist James Thie reached the final of the men's 1,500m, finishing fifth in 3:47.78.

In the women's pole vault, Bryony Raine was sixth and Jessica Abrahams eighth with 4.06m and 3.91m respectively.

Riannon Yates contested the women's 60m and the long jump, finishing eighth in the latter.

[**Gwent League**](http://www.cardiffaac.org/news/gwentleague.htm) **Thursday 10 February 2011**

[](http://www.cardiffaac.org/news/gwentleague.htm)

The next round of the Gwent League will be held at the Brecon Leisure Centre, Penlan, Brecon on Saturday next, 12 February. All athletes intending to run should, if they have not already done so, inform the appropriate team manager (Paul Darney for men and Ceri Morris for women) straight away. Please also note that the date of the fourth and final round has been changed to Sunday 13th March.

The timetable is as follows:

12 noon:  U11 boys  
12.08:  U11 girls  
12.16:  U13 boys  
12.33:  U13 girls  
12.50:  Senior women  
13.32:  U15 boys  
13.40:  U15 girls  
13.49:  U17 & U20 men  
14.05:  U17 & U20 women  
14.20:  Senior men

Directions to the course are are follows:

From the West and South – arrive at the Brecon bypass roundabout, take the bypass  (dual carriageway) East, signposted A40 Abergavenny/Hereford/Builth Wells. At the next roundabout go straight ahead, signposted Builth Wells/ Hereford/Leominster. Continue for 1 1/2   miles and turn left signposted Brecon. Follow the signs for the leisure centre (After 1 mile turn left just after the petrol station and after ¼ mile the course is on your right - Pass the track to the leisure centre.) The school is the next entrance 50yds beyond the leisure centre.

From the East – arrive at the Brecon Bypass roundabout after approx 1 mile of dual carriageway and take right turn signposted Builth Wells/ Hereford/Leominster. Continue for 1.5   miles and turn left signposted Brecon. Follow the signs for the leisure centre (After 1 mile turn left just after the petrol station and after ¼ mile the course is on your right - Pass the track to the leisure centre.) The school is the next entrance 50yds beyond the leisure centre.

[**A Marathon effort !!**](http://www.cardiffaac.org/news/amarathoneffortthatdefiesbelief.htm) **Wednesday 9 February 2011**

[](http://www.cardiffaac.org/news/amarathoneffortthatdefiesbelief.htm)

A Belgian runner has set a new world record after completing an astonishing 365 marathons in as many days in seven countries. Stefaan Engels, 49, (pictured)crossed the finish line on his final race in Barcelona, Spain, after pounding the roads in the UK, Spain, Portugal, Belgium, Canada, Mexico and the U.S.A. in the last year.

He averaged an impressive four hours for each of his marathons, with the quickest taking two hours and 56 minutes.  
  
It was his second attempt at the feat after he injured his leg 18 days into his first try last year.  
  
Dubbed the 'Marathon Man', Mr Engels was diagnosed with asthma as a child and told not to do sports.  
  
He said he took on the incredible challenge as an example to others.  
  
'After running 20 triathlons in one year, I was not ready to go back to normal life,' he said.  
  
'I also wanted to inspire people by showing that if I could run a marathon a day for an entire year, anyone could run or bike a little each day or do something about their weight problem.'  
  
'I recover quickly. I don't run fast and my heartbeat is slow, below 100 if I run 10 kilometres, but it is more a mental story.  
  
'The problem was thinking about running a marathon every day. I just told myself to run that day and did not think about the next day or next week.'  
  
Mr Engels added: 'There were a lot of moments when I thought "today, I won't finish".  
  
'It is time for other things. It is time to give my body a rest.'  
  
Mr Engels already holds the record for the most Ironman Triathlons in a year after completing 20 in 2007 and 2008.  
  
The previous record was held by Japanese runner Akinori Kusuda, who ran 52 consecutive marathons at the age of 65 in 2009.

What about that?

[**Calling all hurdlers**](http://www.cardiffaac.org/news/callingallhurdlers.htm) **Monday 7 February 2011**

[](http://www.cardiffaac.org/news/callingallhurdlers.htm)

Are you a hurdler looking for extra advice? Or are you interested in coaching hurdling? Or are you thinking of trying hurdling? On 19th, 20th and 21st April there will be a hurdles training camp at Swansea University that could be just for you.

The camp is open to any athletes and their coaches involved in 300m and 400m hurdles competing and coaching as well as any new coaches and athletes who want to give the events a go.

The hurdles camp will be led by Dr Wynford Leyshon; Level 4 High Performance Coach in Hurdles and Andrew Griffiths.

Wynford Leyshon was himself an international 400m hurdler for Cardiff and has become one of Wales' best coaches, including having guided Dai Greene.

The cost of the camp is £10 a day or £25 for all three.

Times 10am to 4pm.

Bring your own lunch.

For further details please click on [**HURDLES CAMP**](http://www.cardiffaac.org/files/Hurdles%20Camp%202011.pdf).

[**London Mini Marathon**](http://www.cardiffaac.org/news/londonminimarathonentries.htm) **Wednesday 2 February 2011**

[](http://www.cardiffaac.org/news/londonminimarathonentries.htm)

Are you interested in the challenge of taking part in the London Mini Marathon on 17th April 2011? A team from Wales will be participating and selection for this will be based on the results of the Welsh Cross Country Championships on 19th February. Entries close on 11th February so if you are interested it is essential that you let your team manager or Julie Jones in the club office know as soon as possible.

The London Mini Marathon is for athletes between 11 and 17 years of age and is run over three miles, finishing in The Mall in front of Buckingham Palace.

Previous winners include internationals Mo Farah and Steph Twell so, why not give it a go?

For information on the Welsh Cross Country Championships, click on [**WELSH CROSS COUNTRY**](http://www.welshathletics.org/competitions/events/cross-country/welsh-cross-country-championships-(1).aspx).

## [Joe stars in Welsh win](http://www.cardiffaac.org/news/joestarsinwelshwin.htm) Monday 31 January 2011

[](http://www.cardiffaac.org/news/joestarsinwelshwin.htm)

Cardiff's Joe Thomas continued his build up to a hoped for place in Britain's team for the forthcoming European Indoor Championships with a solid 800m win in yesterday's Celtic Cup match at UWIC's indoor arena. His winning time of 1:49.19 was an improvement on his performance in the Welsh indoor champoionships the previous weekend and he went on to help Wales to a win in the final event of the day, the mixed (men and women) medley relay.

Other Cardiff athletes contributed to Wales' narrow win over Scotland in the senior match.

Rhiannon Yates had a convincing win in the women's 60m as well as third place in the long jump. Gareth Hopkind took second place in the 200m and joined club mate Joe Thomas in the winning medley relay.

Adam Bitchell (competing for the UWIC team) took 3rd place in the 3000m.

In the under 20 match, Megan O'Sullivan was second in the women's triple jump, Lewis Newton was third in the pole vault and Jamaul Whyte ran the 200m leg in the medley relay to help Wales to a win.

## [Another medal for Tracey](http://www.cardiffaac.org/news/anothermedalfortracey.htm) Wednesday 26 January 2011

[](http://www.cardiffaac.org/news/anothermedalfortracey.htm)

After an incredible six races in six days, Cardiff's Tracey Hinton added a T11 400m silver (1:01.39) to her 200m bronze in another medal double. “I’m really pleased with that,” said the five-time Paralympian. “My mum passed away a year ago and it’s my first major championship without my family here. I wanted to do that for her and I’m really chuffed.” On conclusion of her intense World Championships programme and looking ahead to the Paralympic Games in London, she admitted that the new chapter in her life deserved a new challenge.

“Training is my life but I’ll have a break now and then I’m thinking about stepping back up to the 800m,” said the current World Record holder with a time of 2:17.66 set back in 2003.

Change - so the saying goes - is as good as a rest, and Hinton, as her performances show, has proved age is just a number.

Phew!

## [Bronze medal for Tracey](http://www.cardiffaac.org/news/bronzemedalfortracey.htm) Tuesday 25 January 2011

[](http://www.cardiffaac.org/news/bronzemedalfortracey.htm)

Cardiff's paralympian Tracey Hinton took the bronze medal in the women's 200m (T11) at the International Paralympic Committee World Athletic Championships in Christchurch, New Zealand with a time of 26.98 sec. Tracey (pictured at the 2010 Welsh Championships with coach and guide runner Darrell Maynard) could win a second medal as she has qualified for the final of the 400m, clocking the second fastest heat time. Tracey narrowly missed a medal in the 100m where she came fourth.

Third in Tracey's 400m heat was a competitor from Argentina no less than 20 years younger than Tracey(39).

Tracey, who is visually impaired, is one of Britain's most experienced and successful para-athletes, have taken part in no fewer than five Paralympic Games. Her ambition is to take part and hopefully win another medal in the 2012 Paralympic Games in London.

Her first Paralympics were in 1992 when she won two silver medals, in the 200m and 400m, and a bronze, in the 100m. Eight years later, in Sydney, she won a further silver medal, this time in the 800m, and two more bronze medals, in the 200m and 400m.

Tracey's longevity and successes are an example to all and Cardiff AAC is very proud of her.

Well done Tracey.

## [More indoor medals](http://www.cardiffaac.org/news/moreindoormedalsforcardiff.htm) Monday 24 January 2011

[](http://www.cardiffaac.org/news/moreindoormedalsforcardiff.htm)

Cardiff AAC was well represented at the Welsh indor championships held at UWIC on Saturday and Sunday,22nd and 23rd January. In all, Cardiff athletes took 37 medals including doubles by Jonathan Bailey, Rhiannon Yates and Gwenllian Williams. Mica Moore and Megan O'Sullivan won three medals each.

The full list of Cardiff medallists is as follows:

**Senior Men:  
Gold:**  Gareth Hopkins (200m).  
**Silver:**  Liam Duff (60m);  Steven Boyle (60m hurdles); Adam Bitchell (1500m).  
**Bronze:**  Ieuan Thomas (800m).

**Senior Women:  
Gold:**  Rhiannon Yates (60m & Long Jump);  Kate Lysons (High Jump).  
**Silver:**  Mica Moore (60m);  Jessica Abrahams (Pole Vault);  Imogen Miles (Long Jump);  Megan O'Sullivan (Triple Jump).  
**Bronze:**  Gwenllian Williams (200m);  Rhianne Jones (400m);  Serita Shone (Long Jump).

**Under 20 Men:  
Gold:**  Jamaul Whyte (200m);  Scott Edwards (400m);  Lewis Newton (Pole Vault).  
**Silver:**  Rhys Williams (Long Jump).  
**Bronze:**  Michael Prentice (200m);  James Cutlan (400m).

**Under 20 Women:  
Gold:**  Mica Moore (60m);  Megan O'Sullivan (Triple Jump).  
**Silver:**  Mica Moore (200m);  Samantha Cogan (400m).  
**Bronze:**  Megan O'Sullivan (60m);  Jamie-Leigh Bowen (200m);  Gwenllian Williams (High Jump).

**Under 17 Men:  
Gold:**  Elliott Slade (400m);  Jonathan Bailey (High Jump & Long Jump);  David Callan (Pole Vault);  Matthew Field (Shot Put).   
**Silver:**  Tyrone Blake (High Jump);  James McGuire (Long Jump).

**Under 17 Women:  
Gold:**  Lucy Daly (Pole Vault).

**Under 13 Boys:**Bronze:  Alex Love (800m).

The full results can be seen on the Welsh Athletics website. Go to [**RESULTS.**](http://www.welshathletics.org/competitions/results.aspx)

## [Welsh Cross Champs](http://www.cardiffaac.org/news/welshcrosscountrychamps.htm) Tuesday 18 January 2011

[](http://www.cardiffaac.org/news/welshcrosscountrychamps.htm)

The 2011 Welsh Cross Country Championships will be held at Mold, North Wales on Saturday 19 February and the closing date for entries is 11th February. Entries are made though your club and, if you are planning to take part, it is essential that you inform us of your intention as soon as possible.

Please Julie Jones either in the club office or on 07702 888374. As this event is in North Wales, it is especially important that we know who is expecting to travel, as the club covers the entry fees involved.

Please do not leave it to the last moment before informing us.

The course is at Glyndwr University, Northop Campus, Nr Mold, North Wales and details can be viewed by clicking on [**COURSE MAP.**](http://caac.einfinity.co.uk/files/Welsh%20XC%20CH%202011%20course.pdf)

There will be separate races for age groups Senior, Under 23, Under 20, Under 17, Under 15 and Under 13, male and female, and the first event is at 12 noon.

Further details can be found on the Welsh Athletics website by clicking on [**WELSH XC CHAMPIONSHIPS**](http://www.welshathletics.org/news--media/news/cross-country/welsh-cross-country-championships---entry-form-and-info.aspx).

## [Sunday's cross country](http://www.cardiffaac.org/news/sundayscrosscountry.htm) Friday 14 January 2011

[](http://www.cardiffaac.org/news/sundayscrosscountry.htm)

The McCain Cardiff Cross Challenge takes place in Cardiff’s Bute Park on Sunday 16th January. The prestigious Cardiff Event is Wales’ top Cross Country spectacle, and forms the 2nd fixture in the McCain Cross Challenge Series 2010/2011. Sunday's event incorporates an Inter-area match in the senior age groups, and schools’ Invitational races through the junior age groups. The master’s races will host the Welsh Cross Country Championships for their respective age categories.

Aldershot, Farnham & District are expected to field strong teams through the junior age groups, including Harriett Preedy and Harvey Dixon who won the under 15 Girls' and under 17 boys' titles in Liverpool respectively. Harvey steps up to the junior men’s category for the Cardiff showpiece, although his team mate Jonathon Hay will be a tough act to follow as he builds on an impressive start to the cross country Season and a dazzling track campaign last summer.   
   
Casrdiff's Ciaran Lewis will be looking to impress in the under 15 boys' race after an emphatic win in last weekend's indoor 3000m championships.   
   
Cardiff's Mike Ward runs in the under 17 boys' race.  
   
The leading entries in the men’s category are Blackheath and Bromley’s Michael Skinner and experienced Great Britain International Frank Tickner running for the South West region. Cardiff club man Alex Hains will be representing Wales as he hopes to build on his 4th place from last year, while his team mates Ieuan Thomas and Adam Bitchell will be running for a Welsh under 23 team. Andrew Friend, Rowan Axe, Mike Kershaw, Lewys Winfield-Young, Jonathon Peters and James Thie are also entered for the club.  
   
The ladies' race is likely to see Gemma Steel start as favourite. The Charnwood athlete finished in 27th place at the recent European Cross Country Championships after sealing a team spot with a fine 3rd place at the trial race in Liverpool. Lauren Deadman, Leigh Lattimore and Laura Parks are also likely to feature prominently. Paris Williams and Bethan Strange will be representing the club.  
   
The Cardiff Cross Challenge is a great spectator event and the organisers would like to invite club members along to watch. The first race is at 11am. For more details please visit their [**website**](http://cardiffxchallenge.wordpress.com/) .

## [Cardiff Indoors](http://www.cardiffaac.org/news/1112011.htm) Tuesday 11 January 2011

[](http://www.cardiffaac.org/news/1112011.htm)

Cardiff athletes competed at the NIAC on Sunday last, 9th January, in the 3000m indoor Welsh championship as well as the second Grand Prix events of the season. Ciaran Lewis (pictured receiving his award) took pride of place in the championships by winning the under under 13 boys' category in a personal best time.

A selection of other Cardiff results from the Grand Prix is as follows:

**Under 15 Boys:**  George Griffiths (1st - 60m).

**Under 15 Girls:**  Olivia Evans (3rd - 60m).

**Under 17 Men:**  Tyrone Blake (2nd - Long Jump).

**Under 17 Women:**  Laura Trigg (2nd - 60m and 2nd - Long Jump).

**Senior Men:**   Gareth Hopkins (1st - 200m and 5th - 60m);  Liam Duff (2nd - 60m);  Gareth Price (1st - 400m race 3);  Daniel Dell (1st - 400m race 4);  David Callan (2nd - Pole Vault).

**Senior Women:**  Rhiannon Yates (1st - Long Jump and 2nd - 60m);  Mica Moore (2nd - 200m);  Jessica Abrahams (1st - Pole Vault);  Megan O'Sullivan (1st - Triple Jump);  Zara George (2nd - Long Jump).

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/UWIC%20results%209%20Jan%202011.pdf)

## [London Marathon places](http://www.cardiffaac.org/news/londonmarathonplacesandgrants.htm) Wednesday 5 January 2011

[](http://www.cardiffaac.org/news/londonmarathonplacesandgrants.htm)

If you are interested to run in the 2011 Virgin London Marathon, the Ron Pickering Memorial Fund has a limited number of guaranteed places. The deadline for applications is 21 January and runners are expected to raise money for the Fund. The Ron Pickering fund exists only to help young athletes and has handed out more than one million pounds in grants since it was established.

Cardiff AAC members feature regularly in the list of grants and the latest to benefit are Adam Bitchell, Ffion Bodilly and Matthew Field.

The fund was established in memory of Ron Pickering who was Wales' national coach and went on to become one of the BBC's leading athletic commentators. The fund is managed by his widow Jean and Cardiff AAC life members Lynn Davies (who was coached by Ron to his Olympic gold medal) and John Lister are trustees.

If you are interested in a marathon place, please contact either John Lister (029 2075 8879) or Jean Pickering (<mailto:jean@rpmf.org.uk>) as soon as possible.

## [Bernie Plain MBE](http://www.cardiffaac.org/news/bernieplainmbe.htm) Sunday 2 January 2011

[](http://www.cardiffaac.org/news/bernieplainmbe.htm)

More honours have come the way of Cardiff AAC with the award of the MBE in the New Year’s Honours to life member Bernard (Bernie) Plain; for services to athletics. Bernie was one of Wales best middle and long distance runners, just missing out on a medal when he finished fourth in the 1974 European Marathon championship. Bernie’s European run was the highlight of his long running career but, amongst many other achievements for his club, Wales and Great Britain, he is still the holder of the UK 20 mile track record of 1:40:34.6. The photograph was kindly provided by leading sports photographer Mark Shearman.

He had qualified for the 1974 British European championship team by coming second (and the first British runner home) in the AAA/Polytechnic Marathon (effectively the British championship – the London Marathon had not been created) and also led a team of Cardiff AAC runners to the British team title, beating the Japanese national team in the process.

Bernie joined what was then Birchgrove Harriers as a schoolboy in 1963 (the then club secretary told him that “if he put in a winter’s training he could do well”) and ran all distances from 400m to the marathon. He eventually concentrated on 5,000m, 10,000m and marathon, achieving best times of 13:38.6, 28:14.89 and 2:14.57 respectively. His marathon time still ranks him fourth on the all time Welsh list. He was a member of the Cardiff team that dominated British club athletics in the early 1970s.

Bernie also ran in one of the most dramatic 10,000m races ever seen at Crystal Palace stadium;  in 1973, Dave Bedford broke the world record and Bernie was third and, apart from the first three, Bedford lapped every other runner in the race.

Bernie ran once in the London Marathon and was the third finishing veteran, aged 43.

After finishing his racing career, Bernie was Cardiff AAC President for two years 1988-90 and Chairman for three years 1991-94. For a number of years he worked for Cardiff City Council before opening his own sports shop.

Bernie (64) still runs for pleasure and to keep fit and is married to Thelma, with two sons, Andrew and Richard.

Congratulations Bernie.