**News Archive 2012**

Below is a copy of the news feed for 2012 from Cardiff AACs old website.

[**Review of the year.**](http://www.cardiffaac.org/news/reviewoftheyear.htm) **Thursday 27 December 2012**

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

There can be little doubt that 2012 was a good year for athletics – and Cardiff AAC did pretty well too. The highlight was the London Olympic Games and Cardiff was proud to provide four Olympians (Christian Malcolm, Rhys Williams, Gareth Warburton and Ava Hutchinson) as well as the captain of the British Paralympic athletics team, Tracey Hinton. And, at the European Championships in Helsinki, Rhys Williams (pictured) struck gold to become European 400m hurdles champion. All club teams performed well and numerous Cardiff athletes featured in the top twenty UK rankings.

At the Olympic Games, Christian Malcolm was taking part in his fourth Olympic Games and Tracey Hinton in her sixth, tremendous achievements for both of them.

Ava Hutchinson was, of course, representing her native Ireland and went on to be part of the gold medal winning Irish team at the European Cross Country Championships in December.

Missing out on an Olympic place through injury was Joe Thomas who had started the year in fine form, setting indoor personal bests for the 800m and winning selection for Great Britain at the World Indoor Championships in Turkey.

Club team successes came throughout the year and first off were the under 13, under 15 and under 17 boys’ teams and the under 15 girls’ team that each won gold medals at the Welsh cross country championships in February.

On the track, all the club teams performed well with the Welsh under 15 League team winning all its matches by a street to qualify for the all-Wales final. The National Young Athletes League team, competing for the last time before the league is reorganised, exceeded expectations by qualifying for the Midlands regional final. The senior men’s British League team maintained its position in the National Division One and, against tough opposition, have hopes of promotion to the Premier Division next year. The UK Women’s League team and National Junior League team also maintained their positions.

Within Wales, Cardiff proved once again that it is the top Welsh club by winning the Wilkinsons Sword trophy, awarded to the Welsh club that gains the most number of Welsh Championship medals over the season; so it is a good test of strength in depth.

Welsh meritorious awards were granted to club members Enfys Hawthorn, Rob Hooper, Susan Hooper and Tracey Hinton and, at the BBC Wales Sports personality of the year, life member Lynn Davies received the prestigious Lifetime Award. Lynn, who is President of UK Athletics, had, earlier in the year, been one of those taking part in the London Olympics Torch Relay. Other club members involved in the Relay were Melanie Stephenson, Caitlin Exton, Mike Kallenberg and Ken Bennett.

At the Welsh Awards Dinner, Cardiff’s former Great Britain 400m star Tim Benjamin was inducted into the Welsh Hall of Fame.

On the 5th September, Radio Wales devoted its entire Jamie Owen programme to a live broadcast from the club’s base at the Cardiff International Sports Stadium and featured extensive interviews with club members – a great advertisement.

The Olympic Games produced a rush of new members wanting to experience athletics and around 100 newcomers turned up on a single evening soon after the Games. Of course, all these are very welcome but it has put a strain on the club’s organisation, particularly the coaches, and we hope that many of the parents of these youngsters will be ready to help out.

There were other excellent achievements too numerous to mention and for individual members a personal best is just as important as a medal and is a stepping-stone to the future. It is also interesting to compare performances with the best and the Cardiff athletes featured in the Power of Ten top 20 UK track and field rankings were:

**Under 13 boys:**60m:  Ben Paris (8.31):  13th  
200m:  Sam Wink (25.99):  15th  
60mH:  Daniel Murathodzic (10.34):  6th  
75mH:  Ben Paris (12.5):  9th

**Under 13 girls:**  
60mH:  Lauren Evans (10.51):  17th  
70mH:  Lauren Evans (11.30):  2nd  
High Jump:  Amy Ahia (1.47m):  11th

**Under 15 boys:**  
300m:  Ryan James (37.51):  16th  
400m:  Ryan James (52.97):  14th  
60mH:  Harry Hillman (8.58):  2nd  
80mH:  Harry Hillman (11.50):  9th  
High Jump:  Tom Trotman (1.86m): 4th  
Long Jump:  Tom Trotman (5.96m):  16th  
Pentathlon:  Tom Trotman (2,608):  12th  
Pentathlon:  Harry Hillman (2,578):  13th

**Under 17 boys:**  
400mH:  Ryan Cooper (55.87):  8th  
Hammer:  Jac Palmer (63.85m):  5th

**Under 17 girls:**  
1500m:  Ellie Atkinson (4:32.71):  9th  
60mH:  Claire Taylor (9.06):  14th  
300mH:  Lara Durrani (45.63):  19th  
Pole Vault:  Olivia Evans (3.11m):  16th  
Javelin:  Tasia Stephens (41.63m):  3rd

**Under 20 men:**  
60m:  Michael Prentice (6.98):  18th  
800m:  Elliot Slade (1:49.14):  4th  
2000m s/c:  Matthew Edwards (6:11.10):  13th  
Pole Vault:  Lewis Newton (4.55m):  8th  
Pole Vault:  David Callan (4.25m):  19th  
Shot Put:  Matthew Field (16.92m):  2nd  
Discus:  Matthew Field (44.63m):  14th  
Javelin:  Bradley Cole (56.85m):  15th

**Under 20 women:**High Jump:  Ffion Boddily (1.72m):  9th  
Triple Jump:  Megan O’Sullivan (12.01m):  6th

**Senior men:**  
60m:  Christian Malcolm (6.68):  8th  
100m:  Christian Malcolm (10.27):  9th  
200m:  Christian Malcolm (20.46):  3rd  
800m:  Gareth Warburton (1:44.98):  3rd  
800m:  Joe Thomas (1:46.33):  5th  
5000m:  Adam Bitchell (14:01.69):  19th  
3000m s/c:  Ieuan Thomas (9:00.12):  20th  
400mH:  Rhys Williams (49.17):  3rd  
Triple Jump:  Gary White (15.31m):  12th  
Decathlon:  Francis Baker (7,016):  13th  
10k:  Joe McDonald (29:08):  4th  
10k:  Alex Hains (29:34):  14th  
Half Marathon:  Alex Hains (64:30):  10th

**Senior women:**  
400m:  Emma Pullen (53.82):  17th  
400mH:  Emma Peters (59.87):  13th  
2000m s/c:  Emily Brown (6:57.52):  11th  
3000m s/c:  Emily Brown (11:02.90):  18th  
Pole Vault: Bryony Raine (4.14m):  6th

So, all in all, another successful year and we can look forward to the future with confidence.

[**A VERY HAPPY CHRISTMAS**](http://www.cardiffaac.org/news/averyhappychristmas.htm) **Sunday 23 December 2012**

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

Cardiff AAC hopes that all our members and friends will have a very happy Christmas and we wish you a successful 2013. Normal club nights will resume on Monday, 7th January. 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?

[**Tough standards for CG**](http://www.cardiffaac.org/news/toughstandardsfor2014commonwealthgames.htm) **Monday 17 December 2012**

[](http://www.cardiffaac.org/news/toughstandardsfor2014commonwealthgames.htm)

Welsh Athletics has announced the qualification standards required of athletes to be eligible for selection to the Welsh team to participate in the Commonwealth Games to be held in Glasgow in 2014. In order to be considered for selection, athletes must have achieved either one A standard performance or two B standard performances in the qualifying period. Each athlete must also take part in the official trials; in the event that he/she wishes to contest at the Games.

The philosophy behind the policy is "to select a team of athletes capable of competing with distinction at the 2014 Commonwealth Games, with the individuals and/or the team having the ability to achieve at least a top eight placing in the anticipated field".

The first eligible athlete in the final of each discipline at the official trials will be automatically nominated for that discipline provided that either;

i)  he/she has achieved a Welsh Athletics “A” standard, or

ii) he/she has achieved two Welsh Athletics “B” standards.

Tough standards have been set in order to incentivise potential team members to strive for the best possible performances. However, based on the current rankings, the team is likely to be comparatively small, but of high quality, and smaller than the team of 23 that travelled to Delhi.

This policy seems to be a break with a tradition that, at a "home" Games, a larger team is selected as the costs are lower and the Commonwealth Games are the only chance once every four years for Welsh athletes to take part in a major championship in the Welsh vest.

All athletes aspiring to win a place in the Welsh team should read the full qualification conditions that can be seen by clicking on [**Glasgow 2014**](http://www.cardiffaac.org/files/CGW%202014%20selection%20criteria.pdf).

[**Lifetime award for Lynn**](http://www.cardiffaac.org/news/lifetimeawardforlynn.htm) **Saturday 15 December 2012**

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

Cardiff AAC life member Lynn Davies received the prestigious Lifetime Award at the recent BBC Wales sports personality of the year ceremony. Lynn (70), who took the gold medal in the long jump at the 1964 Olympic Games in Tokyo, is a previous double winner (in 1964 and 1966) of the individual personality of the year award and has contribiuted a lifetime of service to athletics and is a worthy recipient of this latest honour. Although starting as a triple jumper, Lynn was Britain's leading long jumper for a decade, setting a British record in 1968 that was not beaten until 2002. Naturally, he remains the Welsh and club record holder. He was European champion in 1966 and Commonwealth champion in 1966 and 1970. (There were no world championships in those days.)

He was GB team captain at the 1968 Olympic Games and, after completing his competitive career, Lynn went on to become the Great Britain team manager. He is now in his second term as President of UK Athletics. He is also a trustee of the Ron Pickering Memorial Fund, a charity that has distributed more than £1m in grants to young athletes.

In 2006, Lynn was awarded the CBE for services to athletics, having previously been awarded the MBE for his athletic achievements.

Congratulations to Lynn.

[**Congratulations**](http://www.cardiffaac.org/news/congratulations.htm) **Tuesday 11 December 2012**

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

Everyone in Cardiff AAC offers congratulations and good wishes to James Williams and Imogen Miles on their engagement. James proposed to Imogen during a romantic weekend in Paris but says that they have not yet fixed a date for the wedding (after all, it has to be fitted into their athletic schedules).

Imogen has been a regular member of the club's UK Women's league team for several years and James is a former club captain and currently the British League team manager. He is also a team manager for the Welsh team.



Imogen and James are both popular and important members of the club and we are all delighted at this news.

[**Emily Brown chosen**](http://www.cardiffaac.org/news/emilybrownchosen.htm) **Monday 10 December 2012**

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

Cardiff's middle distance runner/ steeplechaser Emily Brown (who was third in Saturday's Welsh Inter Regional Championships) is one of eight women chosen by UK Athletics to take part in the first Female Coach Legacy Programme. The FCLP is a coach development initiative designed to assist already committed, qualified and experienced female coaches in bridging the gap to the elite level by providing them with the extra knowledge, skills and confidence to work at the highest level. The programme is a led by the UKA Women in Coaching Advisory Group (WCAG) who have identified a need to increase the number of female coaches working with elite athletes.

The group hopes to raise the profile and standard of female coaching at all levels through the creation of female role models and aims to develop a group of female coaches with the confidence, knowledge and skills necessary to work at elite level. It is hoped that these females will be the legacy of the programme, becoming roles models to inspire future females to strive to reach the top level in their coaching career.

The programme features four two-day residential workshops where the coaches will embark on a learning journey tailored to their individual needs. Along the way they will develop their own critical thinking, allowing them to constantly appraise their own coaching and others coaching practice. This process will add to the legacy of the programme, as these coaches will then have the skills to support other coaches on their learning journey.

The programme focuses on generic coaching knowledge such as sports injuries, conditioning and periodisation and expects each coach to produce evidence of her learning to ensure that she gets the most out of the programme.

Chair of WCAG and FCLP Coordinator Elaine Grant said: “It is fantastic to finally get this programme up and running as it has been an ambition of the group from our inception.  We have brought together an exceptional group of female coaches who undoubtedly have already begun their journey to becoming high performance coaches.  We hope the FCLP will allow them to grow in confidence collectively to reach their own individual aim of coaching at elite level.”

[**Euro gold for Ava**](http://www.cardiffaac.org/news/eurogoldforava.htm) **Sunday 9 December 2012**

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

Cardiff's Irish international Ava Hutchinson struck gold at the European Cross Country Championship held today on a snowbound course in Budapest, Hungary. Finishing in a fine 20th place, Ava was the third finishing member of the gold medal winning Irish team, with 2011 winner Fionnuala Britton leading the team home with a successful defence of her title. Congratulations Ava.

Caryl Jones (Swansea) was the second finishing athlete in the bronze medal winning Great Britain women's team.

[**Early report on regional XC**](http://www.cardiffaac.org/news/earlyreportonregionalxc.htm) **Saturday 8 December 2012**

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

The inter regional cross country championships were held at Builth Wells today, 8th December. November's athlete of the month Sofia Vella won the primary girls' race and consistent Jake Heyward (pictured at his medal ceremony) took the under 15 boys' title, leading his team to victory also. Debbie Rees won the senior women's race and Lucy Dennis was first home of the under 13 girls.

  
  
**Debbie Rees heading for victory**  
  
Although clear but cold, it was very wet and muddy and the course got really churned up as the races progressed. Athletes found the hilly course a tough test along with all its twists and turns.

Other Cardiff performances were:

Rhys Gooch (3rd under 15 boys); Ellie Atkinson ( 2nd under 17 women);  Mike Ward (3rd - under 20 men),

The Cardiff AAC Primary boys came 4th - the team was Morgan Ward, Max Long and Ben Vincent (it was Ben's first race for the club).

Another team win, the under 17 boys, included John Cove (2nd), Ciaran Lewis (5th), James Hunt (6th), Nick Jones (8th), Dafydd George (11th) and Ieuan Jones (12th).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Inter%20regional%20XC%202012%20results.pdf)

[**Good outing in Scotland**](http://www.cardiffaac.org/news/goodperformancesinscotland.htm) **Friday 7 December 2012**

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

Good performances from Cardiff athletes Harry Hillman, Tom Trotman, Ryan James and Claire Taylor helped the Welsh Schools team at last weekend's SIAB multi events international in Scotland. Harry, Tom and Ryan helped the under 16 boys' team to a bronze medal as did Claire in the under 18 girls' team.

Harry Hillman got off to a super start in the hurdles, scorching to an 8.58 seconds clocking – a new Welsh under 15 best, 0.08 seconds quicker than his run at NIAC in November. That time ranked him joint third with 841 points. Tom Trotman was twelfth overall with a 9.20 seconds time and Ryan James fifteenth on 9.45.  
   
In the long jump, Tom was the highest placed Welsh athlete, his 5.92m performances placing him third. Harry ranked ninth with his 5.65m with Ryan on 5.00m.  
   
The 200 metres was a better event for the Welsh quartet.  Ryan used his experience in the sprints to good advantage, clocking the joint second fastest time of 23.84 seconds. Tom was fifth with 24.09 and Harry sixth (24.22 seconds).  
   
In the shot put the best put was a huge 15.30 metres, and there were three more boys over 12 metres.  Tom was the best of the Welsh, four his 11.53m ranking him fifth. Ryan claiming eleventh (10.37m) and Harry had to settle for 8.87m.  
   
In the 800 metres Harry (2:13.35) and Ryan (2:13.58) produced very similar runs but Tom, like many combined events athletes, finds the endurance event tough clocking 2:30.75.  
   
Harry headed the team in the final standings, finishing eighth on 2992 points. Tom  finishing twelfth on 2847 while Ryan, who has made arguably the biggest improvement in the last nine months, will have learned from his international appearance, finishing fourteenth with 2792.  
  
Claire Taylor was the second highest scorer in the Welsh under 18 team with 2990 points coming seventh overall. She placed sixth in three of the five events (shot put 8.66m; 60mH 9.27; high jump 1.54m), 10th in the 800m (2:41.65) and 14th in the long jump (4.68m).

The best performer of the Welsh contingent was David Omoregie who was the outright winner of the uner 18 boys' age group with 3690 points.

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/SIAB%20multi%202012%20Glasgow.pdf)

[**Life as an athlete**](http://www.cardiffaac.org/news/parentseveninglifeasanathlete.htm) **Tuesday 4 December 2012**

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

The second parents' evening will take place at the Cardiff AAC club room on Monday next, 10th December (6 - 7pm) and the topic will be "life as an athlete". Welsh Olympic athletes Brett Morse and Matt Elias as well as Paralympians Aled Davies and Nathan Stephens will be available to talk about their experiences and to answer questions.

After their training, the young athletes can meet the athletes for photographs and autographs.

See attached for more information including the topic at January's evening. [**CLICK HERE.**](http://www.cardiffaac.org/files/Parent%20Information%20Evenings%20Poster%20TEMPLATE.pdf)

[**More cross country success**](http://www.cardiffaac.org/news/morecrosscountrysuccess.htm) **Monday 3 December 2012**

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

Every athlete in the photograph is a Cardiff AAC member although, on this occasion, they are wearing schools and not club vests. The event was the South Wales regional schools' cross country championships held at Trelai Park on October 16th and, in fact, the first 13 finishers in the senior boys race were all Cardiff AAC athletes.

They were:

1. Elliot Slade Bishop   
2. Michael Ward   
3. Matthew Edwards Bar  
4. John Cove   
5. Jack Gooch   
6. Sam Longville   
7. James Hunt   
8. Ciaran Lewis   
9. Dafydd George   
10. Nick Jones   
11. Lewis Brunt   
12. Tom Bevan   
13. Ieuan Jones

The full results can be viewed by clicking on [**RESULTS**](http://www.cardiffaac.org/files/SW%20Reg%20Schools%202012%20results.pdf)**.**

[**Gwent League 2012 race 3**](http://www.cardiffaac.org/news/gwentleague2012race3.htm) **Saturday 1 December 2012**

[](http://www.cardiffaac.org/news/gwentleague2012race3.htm)

The third Gwent League fixture of the 2012-13 season was held today at the popular Blaise Castle course near Bristol. With excellent conditions for cross country (cold but dry, with a light wind and reasonable underfoot), Cardiff's junior runners performed well again, despite some absentees. The under 17 men's team is leading its age category and both men and women are leading the under 20 group. The under 17 men's B team is in fourth place, showing Cardiff's strength in depth at this age.

The third Gwent League fixture of the 2012-13 season was held today at the popular Blaise Castle course near Bristol. With excellent conditions for cross country (cold but dry, with a light wind and reasonable underfoot), Cardiff's junior runners performed well again, despite some absentees. The under 17 men's team is leading its age category and both men and women are leading the under 20 group. The under 17 men's B team is in fourth place, showing Cardiff's strength in depth at this age.

Lots of athletes were competing for the first time in Bristol and we hope they enjoyed it and will compete for the club in a few more events this season.

The top finishers in each age group today were:

Novice Girls - Sofia Vella - 5th

Novice Boys - William Bright - 21st

Under 13 Girls - Megan Bowen - 11th

Under 13 Boys - James Vincent - 11th

Under 15 Girls - Elishka Coupar - 12th

Under 15 Boys - Sam Curwen - 23rd

Under 17 Men - John Cove - 4th

Under 17 Women - Francesca Morris - 14th

Under 20 Women - Anna Morris - 3rd

Senior Men - Nat Lane - 7th

Senior Women - Debbie Rees - 5th



**Under 15 boys**

Thanks to Paul Darney and John Penny for bringing the club tent and to Ceri Morris (girls) and Kay Chapman (boys) for managing the junior teams.

The next Gwent League fixture is on the weekend of February 9th/10th but the venue hasn't been confirmed yet. We will have the details in the Cardiff AAC clubroom as soon as they are available. If you would like to be part of the Cardiff AAC cross country team please don't hesitate to contact a club official - you are all welcome to compete for the club.

Complete results will be posted on the Gwent League website over the course of the coming days. [**LINK HERE.**](http://gwent-league.org.uk/2012/rindx12.htm)

[**Athletes go to Scotland**](http://www.cardiffaac.org/news/cardiffathletesgotoscotland.htm) **Thursday 29 November 2012**

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

Four Cardiff AAC athletes will travel to Scotland as members of the Welsh Schools' team to contest the annual international schools combined events match between Wales, Scotland, England and all-Ireland at the Hampden Park indoor arena on Saturday next, 1st December. Harry Hillman, Ryan James and Tom Trotman are in the under 16 boys' team and Claire Taylor is in the under 18 girls' team.

Harry enjoyed a hugely successful day at the indoor combined events championships in November, breaking the 3000 points mark (3007), winning the schools’ under 16 and the Welsh Athletics under 15 titles and setting a new Welsh indoor national under 15 60 metres hurdles record of 8.66 seconds – and he will be hoping to go even quicker in Glasgow.

We wish all four good luck in Scotland.

[**Ava in Euro team**](http://www.cardiffaac.org/news/avaineuroteam.htm) **Wednesday 28 November 2012**

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

Cardiff's Ava Hutchinson has once again been selected to represent her home country Ireland at the European Cross Country Championships to be held in Budapest on 9th December. Running for her Irish club Dundrum South Dublin AC, Ava qualified after winning the Irish Inter Counties cross country championships in County Meath last weekend after a tough battle with second placed Lizzie Lee. Commenting afterwards Hutchinson said “That was really hard, it was one of the toughest races I have had in a long time. I am really looking forward to the Europeans now and I believe we can do very well as a team there.”

Ava had come ninth in the IAAF international in Burgos, Spain, on November 9th.

Ava has represented Ireland on many occasions, including the marathon at the London 2012 Olympic Games.

[**New Secretary**](http://www.cardiffaac.org/news/anncooperelectedasnewsecretary.htm) **Friday 23 November 2012**

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

At the club's Annual General Meeting held last night in the club room, retiring Secretary Tracy Allen handed the baton to Ann Cooper (pictured). Tracy was thanked for her two years as Secretary but will continue as the club's volunteer coordinator. Chairman Paul Darney thanked everyone who contributes to the running of the club, quoting the words of former President Ted Hopkins who said that "Cardiff is a great club because of the great people in it".

During his report, Paul highlighted the impact that the London Olympics had had on children wanting to take up athletics and that, in January, the club will be expanded to embrace the Cardiff Pumas, catering specifically for the under 11 age group. He also highlighted Rhys Williams' achievement in becoming European 400m hurdles champion.

Paul's full report can be read by clicking on [**CHAIRMAN'S REPORT**](http://www.cardiffaac.org/files/CAAC%20Chairman%20%20Report%202012.pdf).

With a surge in membership, the club needs more coaches and urges anyone interested in coaching to come along and help.

Treasurer Graham Webb pointed out the continuing high cost of travelling for club teams and that the overall costs of running the club in 2011-12 were £26,000. He explained the various items of income and expenditure. The full statement of income and expenditure can be viewed by clicking [**HERE.**](http://www.cardiffaac.org/files/CAAC%20I%20and%20E%20Acc%202011%2012.pdf)

Those formally elected into office were:

President:  Kay James  
Chairman:  Paul Darney  
Secretary:  Ann Cooper  
Treasurer:  Graham Webb  
Membership Secretary:  Kath Elias  
Chairman of Track & Field Committee:  Andrew Seary

Additional appointments to the General Committee will be made at its next meeting.

[**Cardiff athletes excel**](http://www.cardiffaac.org/news/cardiffathletesexcelatschoolscrosscountry.htm) **Tuesday 20 November 2012**

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

Members of Cardiff AAC were prominent at the Welsh Schools' Cross Country Championships, held in Brecon on Saturday last 17th November. In excellent conditions (dry and fine but rather cold and muddy underfoot), consistent Jake Heyward was a clear winner of the under 16 boys' category. Amongst the girls, Ellie Atkinson (pictured) took the senior girls' title and Lucy Dennis won in the under 14 girls age group.

Amongst the Cardiff athletes who were prominent were:

**Senior Boys:** Mike Ward (2nd);  Elliot Slade (6th);  Matthew Edwards (7th);  Jack Gooch (8th);  James Hunt (9th);  Ciaran Lewis (10th);  Sam Longville (11th);  Nick Jones (13th);  John Cole (17th);  Tom Bevan (19th).

**Under 16 Boys:** Jake Heyward (1st);  Rhys Gooch (4th);  Kieran Harris (10th);  Jack Eggington (16th).

**Under 14 Boys:**  James Vincent (6th);  James Short (12th).

**Senior Girls:**  Ellie Atkinson (1st);  Kate Seary (2nd);  Anna Morris (5th);  Rebecca Evans (6th);  Betsan Jenkins (12th);  Erin Hayes (16th);  Fiona Bray (18th);  Clare Harwood (19th).

**Under 16 Girls:**  Serin Allin (3rd);  Elishka Coupar (10th);  Alice Broadley (11th);  Emma Ligthart (15th);  Rosa Yates (20th);  Rosie-May Thompson (21st);  Megan Tatnell (22nd).

**Under 14 Girls:**  Lucy Dennis (1st);  Amber Harding (7th);  Alisha Hayes (21st).

Sofia Vella won the girls primary school race this weekend as well.

The complete (provisional) results may be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20Schools%20XC%202012.pdf)

[**2012 Annual General Meeting**](http://www.cardiffaac.org/news/2012annualgeneralmeeting.htm) **Wednesday 14 November 2012**

[](http://www.cardiffaac.org/news/2012annualgeneralmeeting.htm)

The 2012 Annual General Meeting of the club will be held at 8pm in the club room on Thursday 22th November. The canteen will close at 8pm. 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:   Kay James    
Chairman:   Paul Darney  
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   
Cross Country and Road Coordinator (Paul Darney)  
Coaching Coordinator (Georgina Williams)  
Two members elected at the Annual General Meeting (John Penny and Bernard Plain)

Tracy Allen has decided that she would prefer to concentrate on volunteer coordination and Ann Cooper will be proposed as the new secretary.

Georgina Williams will not be continuing as Coaching Coordinator and we need someone to fill this important position.

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.

[**Second Gwent League**](http://www.cardiffaac.org/news/secondgwentleague.htm) **Sunday 11 November 2012**

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

The second Gwent League round of this season was held yesterday at Parc De Pugh Rugby Ground in Brecon. It was a new course for most people and was mainly flat, over farmland and very muddy in places. Cardiff AAC had an individual winner in Sofia Vella (pictured) in the Novice Girls age group; which was richly deserved after Sofia finished second several times last season and at Bridgend in October. The club struggled to put out full teams as many of our athletes also play football and as the races were on a Saturday they clashed with football fixtures.

The top finishers in each age group were:

**Novice Girls** - Sofia Vella - 1st

**Novice Boys** - William Bright - 17th

**Under 13 Girls** - Freya McDougall - 39th

**Under 13 Boys** - Ieuan Jones - 11th

**Under 15 Girls** - Elishka Coupar - 10th

**Under 15 Boys** - Joseph Alder - 16th

**Under 17 Men** - John Cove - 5th

**Under 17 Women** - Francesca Morris - 20th

**Under 20 Women** - Anna Morris - 5th

Our junior teams have produced good results with the under 17 and under 20 teams leading in the male and female categories after the first race. The under 17 men have their 'B' team in 4th position, showing Cardiff AAC's strength at this age group. Let's hope we can continue with this success for the rest of the season.

In the senior men's race, Andrew Hunt finished an excellent second.

Thanks to Paul Darney and John Penny for bringing the club tent and for Tracy Allen and Kay Chapman helping to put it up!

The next Gwent League fixture is on Saturday December 1st at Blaise Castle in Bristol and we will have the details in the Cardiff AAC clubroom as soon as they are available. If you would like to be part of the Cardiff AAC cross country team please don't hesitate to contact a club official - you are all welcome to compete for the club.

Full results will be available on the Gwent League website shortly. Click [**HERE**](http://gwent-league.org.uk/) to be connected.

[**Parents' evenings - reminder**](http://www.cardiffaac.org/news/parentseveningsreminder.htm) **Friday 9 November 2012**

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

Cardiff AAC is organising a number of parents' evenings to provide information on various aspects of athletics. The next one is on Monday next, 12th November and the subject will be "Nutrition for the young athlete - pre and post training and competition". This is an important subject that is often overlooked and the talk will be given by Joanne Jackson who is a registered nutritional therapist with the Natural Health Clinic, Cardiff.

There will be an opportunity to ask questions and for a discussion and the session will be held in the clubroom at Cardiff International Sports Stadium from 6 to 7 pm.

On Monday, 10th December (also from 6 to 7 in the clubroom), the topic will be "life as an athlete". This will be organised in conjunction with Welsh Athletics and a number of international athletes will be on hand to talk about their experiences and answer questions. After training, the younger club members will be able to have photographs and collect autographs.

All will be welcome and refreshments will be available.

We do hope you will be able to come.

[**Gwent League again**](http://www.cardiffaac.org/news/gwentleagueagain.htm) **Wednesday 7 November 2012**

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

The second Gwent League cross country fixture of the season takes place at Brecon on Saturday next, 10th November. Cardiff's young athletes performed very well at the first fixture and the team managers are keen that as many as possible run on Saturday to keep up the momentum. Let your team manager know straight away if you intend to compete.

Cardiff teams are leading in the under 17 boys' and girls' and junior men's categories and are well placed in all the other junior age groups so we should be aiming to build on these.

The first event in Brecon will be the under 11 boys' race at 12 noon and the afternoon will conclude with the senior men's race ar 2.10pm.

**Team managers are:**

Boys - up to U20:   Kay Chapman (07749 716151 or email [pkcc@sky.com](mailto:pkcc@sky.com))  
Girls - up to U20:    Ceri Morris (07817 275633 Text only please)

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

The detailed timetable can be viewed [**HERE.**](http://www.cardiffaac.org/files/Gwent%20Lg%202%202012%20timetable.pdf)

The course map can be viewed [**HERE**.](http://www.cardiffaac.org/files/Gwent%20Lg%202%202012%20course%20map.pdf)

[**Nat is top Welsh road runner**](http://www.cardiffaac.org/news/natistopwelshroadrunner.htm) **Tuesday 30 October 2012**

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

Cardiff's Nat Lane (pictured with Welsh President John Penny and ladies' winner Sally Wilder) has topped the Run Wales Series rankings for 2012. The winner is decided according to each athlete's five best scores over a series of 15 races, starting with the Nos Galan 5k and concluding with the recent Cardiff half marathon.

The actual races are as follows:

Race 1: Sun 31st December  - Nos Galan 5km  
Race 2: Sun 29th January -  Lliswerry 8 Mile  
Race 3: Sun 12th February -  Nick Beer 10km  
Race 4: Sun 4th March -  St Davids Day 5km  
Race 5: Sun 18th March -  Atlantic College 10km  
Race 6: Sun 25th March -  Welsh Road Relays\*  
Race 7: Sun 8th April-  Richard Burton 10km  
Race 8: Sun 22nd April -  London Marathon\*\*  
Race 9: Sun 17th June -  Llandudno 10 Mile  
Race 10: Sun 5th August -  Brecon 10 Mile  
Race 11: Sun 2nd September -  Caernarfon 10km  
Race 12: Sun 9th September -  Cardiff 10km  
Race 13: Sun 9th September -  Lake Vyrnwy Half Marathon  
Race 14: Sun 23rd September -  Admiral Swansea Bay 10km  
Race 15: Sun 14th October -  Cardiff Half Marathon

Other Cardiff athletes in the top ranks were:

Mike Kallenberg - 4th  
James Thie - 8th  
Ieuan Thomas - 11th  
Adam Bitchell - 12th

Debbie Rees was the highest finishing Cardiff lady, in 32nd place.

[**Awards for Cardiff members**](http://www.cardiffaac.org/news/awardsforcardiffmembers.htm) **Saturday 27 October 2012**

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

Saturday 27 October 2012 At the Annual General Meeting of Welsh Athletics, held today at Llandrindod Wells, meritorious awards were conferred on Enfys Hawthorn, Rob and Sue Hooper and Tracy Hinton. These awards are given for outstanding service to athletics in Wales and all four recipients richly deserve to be honoured.

**Enfys Hawthorn**

Enfys is one of the first contacts that new members meet when they join the club. For the past 12 years she has single-handedly managed the popular club merchandise that is available. Starting with the essential competition vests, Enfys has gradually expanded the range to include club branded track suits, T shirts, rain jackets, hoodies and bags.

Enfys combines her merchandising role with being a vital member of the club canteen team, splitting her time between the two roles.

Enfys joined the club along with husband Dave in 1995 and is an ever-present on club nights, always welcoming and cheerful and one of the unsung heroes without which the club could not function.

**Sue Hooper**



Sue joined Cardiff AAC in 1973 shortly after her 11th birthday and has been a member ever since. She has competed for the club with distinction at every age group and still represents the club in Welsh League competitions. She has represented Wales and Welsh Schools and was the Welsh Schools 200m record holder.

Since 1997, Sue has competed successfully in Masters competitions and was the British Masters champion at 400m in 2007, 2008 and 2012. She has competed internationally for British Masters, picking up two relay silver medal in Italy in 1998.

Sue was the club’s ladies captain from 1995 to 1999.

Her involvement in masters’ athletics is a lot more than as a competitor as she became membership secretary of the Welsh Masters’ Association in 2002 and succeeded her late mother Mary as the Association’s meeting organiser.

**Rob Hooper**



Rob has been involved with Cardiff AAC since 1978, firstly as a middle distance runner and subsequently as a coach and official.

He is UKA level 3 performance coach (sprints), with a main focus on 200m and 400m, although he has also advised middle and long distance athletes. Rob has developed a succession of good athletes to represent both the club and Wales, including several Welsh and Welsh Schools’ champions.

Rob has acted as the club’s Welsh League team manager and took the team from division four back to division one in successive seasons.

He is a qualified technical official, holding a UKA level 2 licence as a marksman and track judge and officiates regularly throughout each season.

He is involved in the Welsh Masters’ Association with wife Sue, where he is the minutes secretary.

**Tracy Hinton**



In 2012, Tracy competed in her sixth Paralympic Games, in London. In recognition of what is possibly a unique achievement, she was appointed captain of the athletics team.

We are proud of the fact that she has been connected with the club for more than 20 years and, when able to do so, competed against able-bodied athletes in the UK Women’s League team.

Her appearances at Paralympic, World and European championships, as well as her medal winning performances are prodigious and, having been blind since aged four, she has been a great role model for our sport.

[**Juniors shine**](http://www.cardiffaac.org/news/juniorsshineingwentleague.htm) **Tuesday 23 October 2012**

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

At the first Gwent League cross country race of the season, held last Sunday at Bridgend, the weather was beautiful, warm and dry with a slight breeze, so it was great for the supporters as well as the athletes. Cardiff AAC had an excellent start to the season with lots of athletes competing at all age groups. Up and coming stars Jake Heyward and Ellie Atkinson had moved up an age group but continued their winning ways. Photographs by kind permission of Ian Dixon.

The top athletes in each age group were;

Under 11 Boys:   William Bright – 14th  
Under 11 Girls:    Sofia Vella – 2nd  
Under 13 Boys:   James Vincent – 2nd  
Under 13 Girls:    Amber Harding – 17th  
Under 15 Boys:   Jake Heyward – 1st (1st year under 15)  
Under 15 Girls:    Emma Ligthart – 11th  
Under 17 Men:    John Cove – 9th  
Under 17 Women:   Ellie Atkinson – 1st (1st year under 17)  
Under 20 Men:         Michael Ward – 8th  
Under 20 Women:   Anna Morris – 8th  
Senior Men:             Andrew Hunt - 8th  
Senior Women:       Debbie Rees - 2nd

We had lots of athletes highly placed and we are waiting for the official results to come out to confirm our team placings.

Full results will be available on the Gwent League website - click [**HERE.**](http://gwent-league.org.uk/2012/res121.htm)

The South Wales Region incorporated its championships in this Gwent League and Cardiff AAC athletes had individual successes in this Championships as well;

**Under 17 Men:**1st John Cove  
2nd Ciaran Lewis  
3rd James Hunt  
  
**Under 20 Men:**  
1st Michael Ward  
2nd Matthew Edwards  
3rd Sam Longville  
  
**Under 17 Women:**1st Ellie Atkinson  
2nd Kate Seary  
3rd Betsan Jenkins  
  
**Under 20 Women:**  
1st Anna Morris  
2nd Clare Harwood

Again we are waiting for confirmation but (based on the individual results above) it looks as if Cardiff AAC swept the board with the team awards winning all the junior age groups.

The next round of the Gwent League will be held on 10th November in Brecon.

Taken at the Gwent League by Ian Dixon.







[**Presentation Evening 2012**](http://www.cardiffaac.org/news/presentationevening2012.htm) **Friday 19 October 2012**

[](http://www.cardiffaac.org/news/presentationevening2012.htm)

The 2012 annual Presentation of Awards was held last Sunday evening, 14th October, and numerous club athletes received their awards from Cardiff's Great Britain Olympic athlete Gareth Warburton, accompanied by Welsh Athletics President John Penny, British League team manager James Williams and former club chairman Peter Lane. After the presentations, Gareth Warburton talked to James Williams about his career and Olympic experience and this was followed by an Olympic quiz.

Amongst the most popular awards are those voted by the athletes themselves and the 2012 recipients were as follows:

Under 13 Boys:  James Vincent  
Under 13 Girls:  Lucy Dennis  
Under 15 Boys:  Ryan James  
Under 15 Girls:  Lottie Coakly  
Under 17 Boys:  Ieuan Jones  
Under 17 Girls:  Olivia Evans  
Under 20 Men:  Elliot Slade  
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:  Ben Paris  
Under 13 Girls:  Leah Cornelius  
Under 15 Boys: Jake Heyward  
Under 15 Girls:  Brooke Langton  
Under 17 Boys:  Ryan Cooper  
Under 17 Girls:  Alice Nottingham  
Under 20 Men:  Sam Gordon  
Under 20 Women:  Gwen Williams

**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:  Sam Wink  
Under 13 Girls:  Lauren Evans  
Under 15 Boys:  Tom Trottman  
Under 15 Girls:  Bethan Register  
Under 17 Boys:  Jac Palmer  
Under 17 Girls:  Tasia Stephens  
Under 20 Men:  Matthew Field  
Under 20 Women:  Megan O'Sullivan

**Simon Lane Memorial Award:**

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

A selection of photographs taken during the evening been added to the [**Gallery**](http://www.cardiffaac.org/galleries/default.htm) and others will be there as soon as possible.

Thanks go to Andrew Seary and his team for organising another successful presentation evening.

[**Cross Country season starts**](http://www.cardiffaac.org/news/crosscountryseasonstarts.htm) **Wednesday 17 October 2012**

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

Once again, the cross country season is beginning and the first of the 2012-13 Gwent League series will take place at Bridgend on Sunday next, 21st October. It is not too late to run on Sunday so contact the relevant team manager as soon as possible.

Team managers are:

Boys - up to U20:   Kay Chapman (07749 716151 or email [pkcc@sky.com](mailto:pkcc@sky.com))  
Girls - up to U20:    Ceri Morris (07817 275633 Text only please)

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

Cross country is an excellent basis for winter training and all are encouraged to take part (not just middle distance runners!).

We would love to see some new faces at this race and if you have any queries or concerns please don’t hesitate to contact a team manager.

Don’t forget you must compete in a Cardiff AAC competition vest and wear cross country (12mm) spikes. Please also make sure that you are a fully paid up member of the club.

South Wales Regional Athletics Council are also holding their cross country championships as part of the Gwent League. If you are in the U17, U20, Senior and Masters age group and want to be entered into this championship please also let your team manager know and they will add you to the entry form. This has to be done by Thursday 18th October.

Please also pass this on to anyone that would be interested in competing for the club.

The first event on Sunday is at 12.30 and the full timetable as well as a map of the course can be seen by clicking [**HERE**](http://www.cardiffaac.org/files/Gwent%20Lg%20Oct%2021%202012.pdf).

[**Tim joins Hall of Fame**](http://www.cardiffaac.org/news/timjoinshalloffame.htm) **Sunday 14 October 2012**

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

Tim Benjamin, Cardiff's former Great Britain international 400m runner, was inducted into Welsh Athletics Hall of Fame at last night's star studded Welsh Athletics dinner.Tim joins an illustrious group of former Welsh athletic stars and was one of three who were honoured last night, the others being steeplechaser Roger Hackney and 400m runner Michelle Scutt. During the dinner a special award was made to Cardiff's Rhys Williams for taking the 2012 European Championship 400m hurdles gold medal.

In his acceptance speech Tim, who joined Cardiff AAC as a teenage sprinter and member of the club’s Young Athletes' League team, running 100m and 200m and the occasional 400m, paid tribute to Cardiff club coaches Peter Lane and Tom Meyer who guided his early career and set him on the path to international success.   
   
In 1999, still only 17, Tim won the 200m gold medal in the first ever IAAF World Youth championships. He followed this by gaining a silver medal in the European Junior Championships and improving his 200m time to 20.60sec. In 2000, he competed for the second time in the IAAF World Junior Championships, winning a bronze medal in the 200m and gold in the 4 x 100m relay.  
   
The year 2001 saw Tim emerge as a specialist 400m runner when he won the European Junior Championships title in 46.43sec in only his fourth serious race over the distance. In the same championships, he added two further golds to his growing collection of medals in the 4 x 100m and 4 x 400m relays and, over the next few years, established himself as Britain’s top 400m runner. Tim had represented Wales in the 2002 Commonwealth Games in Manchester (still only 20); reaching the semi finals of the 400m and helping the Welsh team to a silver medal in the 4 x 400m relay. In the same year he represented Great Britain over 400m in the IAAF World Cup.  
   
Further successes came thick and fast, including a silver medal in the European under 23 Championships in 2003 and a winning performance for Great Britain in the European Cup of 2004. His biggest career breakthrough came in 2005 when he broke the 45 second barrier to win at the London Grand Prix over Olympic champion Jeremy Wariner in 44.75. He went on to set his best ever time of 44.56sec for 400m in Monaco.

In the European Championships of 2006, he came sixth with 45.89 but, by now, his career was being hampered by injuries and illness. After a difficult 2007, his training was badly affected by sinusitis in 2008 and it ultimately led to him curtailing his season.  
   
The start to 2009 looked promising and it was to be hoped that Tim’s injury and illness problems were behind him. He was back in the British team for the European Team Championships where he contributed a solid win in the 400m in 45.57sec. Despite missing out on the UK’s world championships trials, Tim ran in the Golden League meeting in Paris last Friday managing sixth place in 46.32sec. This was to be the final race of a distinguished career but Tim can look back and be very proud of what he has achieved in athletics.  
   
Tim is now a successful businessman and all of us in Cardiff congratulate him on his well deserved honour and wish him every success in the future, along with Natalie, another very good Cardiff AAC athlete whom Tim married not so long ago.



Rhys Williams has enjoyed a very successful year, making the semi final of the Olympic Games, and can now claim what is probably a unique collection of European Championship medals at 400m hurdles:

Senior: Gold (2012), silver (2010), bronze (2006)  
Under 23: Gold (2005)  
Junior: Gold (2003)

Additionally, he won European silver medals in the 4x400m relay teams in 2005 (under 23) and 2006 (senior). He also took the bronze medal in the 400m hurdles at the 2010 Commonwealth Games.

[**Your club needs you**](http://www.cardiffaac.org/news/yourclubneedsyou.htm) **Tuesday 9 October 2012**

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

With a big influx of new members following the inspiration of the Olympic Games, more help is needed to ensure that the newcomers, especially the younger ones, get the best possible help. The club is fortunate to already have a good number of coaches and officials but now needs to recruit new volunteers. Coaching and officiating is a very rewarding activity and is not as difficult as many fear. All coaches and officials start in the same place but quickly gain confidence and experience. And there is always someone to help.

If you are interested (and we hope you are), the club, in conjunction with Welsh Athletics development officer Ryan Spencer Jones, has arranged two introductory courses later this month.

On Monday, 22nd October, from 6 to 8pm at Cardiff International Sports Stadium, there will be an introduction to officiating.  This is very straightforward and attendance will give you a level one qualification. It is that simple.

The following Monday, 29th October (same time same place) there will be an introduction to coaching. This again is simple and straightforward and is based on the "Run, Jump, Throw" elements of athletics.

Attendance is free of charge and you attend either or, if you wish, both sessions.

Further information can be obtained from the club volunteer coordinator Tracy Allen on 07810 553 726 or ask for her on a club night (Monday and Thursday).

Why not give it a try? You may be surprised how enjoyable it can be.

[**Big response by parents**](http://www.cardiffaac.org/news/bigresponsetoparentsevening.htm) **Tuesday 2 October 2012**

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

Cardiff's club room was packed last night with parents who had been invited to a special evening following the surge of interest after the London Olympic Games. With their children out on the track with club coaches, the parents listened as senior coach and former chairman Peter Lane explained the workings of the club and the value of sport to young children.

Welsh Athletics' Ryan Spencer Jones described the roles of officials and how to become an official (it's not that difficult) and Kath Elias explained the procedure for joining the club.

Complimentary teas, coffees and biscuits were provided and some 50 new members signed up immediately.

As a completely voluntary organisation (nobody is paid), the club depends on volunteers and an appeal was made to the parents to come along and help please. There are plenty of jobs to suit individual skills and preferences and new faces will be made very welcome. Without extra help, it will be vey difficult to manage the extra numbers.

It was a very worthwhile and successful evening and thanks to club secretary for Tracy for initiating it.

[**Presentation Evening - Don't forget**](http://www.cardiffaac.org/news/juniorpresentationeveningdontforget.htm) **Thursday 27 September 2012**

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

The 2012 Cardiff AAC Junior Presentation Evening will be held on Sunday 14th October at the Earl Haig Club, Whitchurch, Cardiff. Come along (parents are welcome too) and meet Cardiff's Olympic athletes who will be helping with the presentations. There will also be an Olympic quiz (not too hard).

Tickets are £2 each and are available in the the Cardiff AAC Club Room at Cardiff International Stadium.

This is always a great evening so hurry and get your tickets.

[**Sam & Rebecca in top teams**](http://www.cardiffaac.org/news/saminwinningwelshteam.htm) **Monday 24 September 2012**

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

Cardiff's Sam Longville helped the Welsh under 18 team to win the McCains Mountain Challenge international held in Cumbria on Saturday last, 22nd September. Rebecca Evans placed 11th in the under 18 girls race and was also part of a winning team. Ciaran Lewis came home 10th in the under 16 boys' team that was fourth.

A cold and frosty morning turned into a bright clear day for the Cardiff AAC athletes competing in the British and Irish Junior Mountain Running Championships.

The  athletes had to run from Melmerby Village up to Hartside Top, a summit 1904 feet up, near Penrith.  All three Cardiff athletes were in the lower year of their age group so they will all be able to compete in the same team next year. The Welsh team had two individuals wins from Ffion Price (under 18 girls) and Nathan Jones (under 18 men). It was a really tough uphill only course with very boggy conditions under foot. Well done to everyone that completed the course!

In the Swansea Bay 10k, held yesterday, Cardiff's Carwyn Jones was the second Welsh athlete home, in 14th place, with Rowan Axe 20th. Gwenno Broad, in her first senior international, was the 24th female athlete to finish a race that was held in heavy rain and gale force winds and where the winning places in both men's and women's races were taken by Kenyan athletes.

[**CAAC athletes in Welsh teams**](http://www.cardiffaac.org/news/threefromcaacinwelshteam.htm) **Thursday 20 September 2012**

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

Three Cardiff AAC athletes have been selected by Welsh Athletics to represent Wales in the Home Countries Mountain Running International in Melmerby, Cumbria on Saturday next, September 22nd. Rebecca Evans (pictured) is included in the under 18 girls category, Ciaran Lewis in the under 16 boys and Sam Longville in the under 18 boys. The following day, Sunday, three more Cardiff athletes are included in a Welsh senior team to compete against teams from England, Scotland, North of England, Midlands and a Combined Services team in a joint Home Countries International and Inter-Area Match.

This race is part of the the Admiral Swansea Bay 10k and the Welsh team includes Carwyn Jones and Rowan Axe in the senior men's team and Gwenno Brown, making her Welsh senior debut in the women's team.

Good luck to all.

[**Cross Country beckons**](http://www.cardiffaac.org/news/anothercrosscountryseasonbeckons.htm) **Monday 17 September 2012**

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

Now that the track season is all but over and the weather is getting colder, we are looking forward to another cross country season. The main events for the club are the Gwent League and various national and schools championships.

The first round of the Gwent League will take place on 21 October at Newbridge Fields Bridgend and the full programme for 2012-13 is as follows:

Round 1:  21st October 2012 - Newbridge Fields, Bridgend  
Round 2:  10th November 2012 - Brecon (course yet to be decided)  
Round 3:  1st December 2012 - Blaise Castle, Bristol  
Round 4:  9th or 10th February 2013 - Chippenham (to be confirmed)  
Round 5:  2nd or 3rd March 2013 - Penlan Leisure Centre, Brecon

Further details and venues will be added as they become known and can be found by going to Road & Cross Country Events in the menu.

[**Olympic legacy for Cardiff**](http://www.cardiffaac.org/news/olympiclegacycomestocardiff.htm) **Tuesday 11 September 2012**

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

Cardiff AAC experienced the afterglow of the London Olympic Games when nearly a hundred budding athletes arrived at the Cardiff International Sports Stadium last night, all eager to find out about the club and athletics. Cardiff chairman Paul Darney spoke to them to describe the club, which meets twice a week on Monday and Thursday, and what athletics involves. The new arrivals then divided up into groups and were given a taste of athletics training by club coaches.

Cardiff AAC had been receiving many phone calls and emails during the Olympics so the number arriving last night was not a big surprise and was a welcome result of the interest the Olympics had generated. But, however welcome, such a big influx of potential new members puts a strain on what is an entirely voluntary organisation and the club will need extra help.

We are hopeful that many of the parents will also be enthused by the volunteering call of the Olympics and will come along to help.  
  
The club will be holding a parents' evening on Monday 1st October, from around 6pm onwards, when the club can be explained over a cup of tea and a biscuit and willing parents can hopefully sign up to help. Working for a voluntary organisation such as Cardiff AAC can be very rewarding and there are numerous tasks to suit any interest or skill. Coaching, team management, administration, etc - whatever suits you. And there is plenty of advice and guidance available.

Lots of information about the club is available in this website but parents of younger members may be especially interested in the page on [**Junior Athletics**](http://www.cardiffaac.org/juniorathletics.htm).

[**Cardiff on air**](http://www.cardiffaac.org/news/cardiffonair.htm) **Wednesday 5 September 2012**

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

Cardiff AAC hosted the Radio Wales' Jamie Owen programme this morning, broadcast from the Cardiff International Sports Stadium from 9am until 12noon. The programme was devoted to athletics and the aftermath of the Olympic and Paralympic Games and featured several club officials, coaches and athletes talking about the sport and the club, its history, current activities and successes.

Jamie Owen started and ended the programme by talking to club chairman Paul Darney and others who took part were Alex Donald, Helen James, Kate Seary, Andrew Seary and Rhys Knapman. Matt Newman and Ryan Spencer Jones represented Welsh Athletics and Tony Collins, stadium manager was also included.

Everyone spoke exceptionally well and it was a great and positive advertisement for the club.

Jamie Owen described the club as a "success factory".

If you missed the broadcast, it is well worth listening to and can be found on the BBC's i-Player. Click [**HERE**](http://www.bbc.co.uk/iplayer/episode/b01mgsr2/Jamie_Owen_and_Louise_Elliott_05_09_2012/) for a direct link to the programme.

[**Behind the scenes**](http://www.cardiffaac.org/news/behindthescenes.htm) **Monday 3 September 2012**

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

We all know that athletics is a complicated sport and, unlike say football that needs only a referee and two linesmen, a full scale athletic meeting requires anything from 50 to over 100 officials, depending on the size and importance of the event. One of the vital functions that is often taken for granted is photo-finish/timing and, at a championship, this is carried out using automatic equipment that not only times races to 100th of a second but also detects false starts. Cardiff’s Phil James (pictured checking a camera) is an acknowledged world expert on automatic photo-finish/timing systems and has recently been appointed as the head of SEIKO Timing’s international team, responsible for photo finish and electronic timing at the IAAF World Championships series.

Phil joined Cardiff AAC when he was eleven but found that he was more interested in officiating than competing. At a Welsh international match at Cwmbran, he was asked to help with the photo finish as the team was short and, from this, sprang his interest in a technology that has, of course, changed drastically over the years.

One thing led to another and Phil found himself helping the SEIKO team at various major events. His first important meeting was a home countries international at Wrexham in 1988 and three years later he was in Barcelona for the test event that preceded the following year’s Olympic Games. Big event followed big event all over the world and Phil now has a scrap book of memories to be envied.

High in the list of special occasions was Usain Bolt’s world records in Berlin three years ago but there have been many other records the validity of which have depended solely on the accuracy of the automatic system.

Phil’s is a big responsibility as the most important things with the photo-finish/timing function are that it MUST work and MUST be accurate and reliable. This has led to some hairy moments and Phil recalls the world championships in Osaka when three units failed and the team spent all night fixing the system in time for the competition to start the next morning – little did the athletes and spectators know!

The first championship for which Phil was fully responsible was the IAAF World Junior championship this year in Barcelona but next year, he will be responsible for the IAAF World Championships in Moscow.

Phil's mother is Kay James, the club President and a stalwart of the club and Welsh athletics, and, day to day, he is project manager with Cool-Therm (Wales) Ltd., an airconditioning and refrigeration company in Caerphilly. He is fortunate to have a cooperative employer and able to have time off to pursue his "hobby".

Congratulations Phil.

[**Praise for Cardiff**](http://www.cardiffaac.org/news/praiseforcardiffopenmeeting.htm) **Friday 31 August 2012**

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

The Cardiff AAC open meeting, organised by the club last Saturday at the last minute in conjunction with Welsh Athletics to assist the Australian Paralympic team, was a success, according to James Thie, competition manager for Welsh Athletics. "I just wanted to say a big thank you from everyone at Welsh Athletics for your help to make the open meeting on Saturday such a success. The support from the club was fantastic and this was also after many helped at the successful meeting on the Wednesday", said James (who himself took part and won the 800m). "We had some great feedback and had 36 personal bests as well as a great send off for the Paralympic athletes. Plus it was great to see current Olympians such as Rhys Williams running, as well as the next generation such as Elliot Slade."

Given the short notice, there was a good turn-out and some good performances by Cardiff athletes. Rhys Williams produced a personal best in the 100m (10.91) and Elliot Slade won the 400m in an excellent 49.09 as well as setting a personal best in the 200m.

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Open%20meeting%2025%208%202012.pdf)

[**Tracey is GB captain**](http://www.cardiffaac.org/news/traceyisgbcaptain.htm) **Wednesday 29 August 2012**

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

Cardiff's Tracey Hinton has been named as captain of the Great Britain track and field team at the 2012 Paralympic Games in London which start tomorrow. For Tracey, who lost her sight at age 4, this will crown an illustrious career at her sixth Paralympic Games, having taken part in every edition since 1992. She is a multi medallist, having won silver in the 200m and 400m as well as bronze in the 100m in 1992; silver in the 800m and bronze in the 200m and 400m in 2000.

Speaking to the team after her appointment, Tracey said,

“Ever since it was announced that London would host the 2012 Paralympic Games it has been my ambition – and become my obsession – to represent ParalympicsGB in this home Games.“After five Games there were times when I thought the door was closing on this opportunity for me, but we’ve all had our ups and downs,” she said. “We’ve all jumped with joy and buried our faces in our hands. We all have our own individual dreams. An athlete with no dreams is an athlete with no ambitions. “It only takes one run, one jump, one throw… If we can leave the stadium and know that we’ve competed to the best of our ability then it’s a job well done. “For some that’s a world record, for some it’s a medal and for some it’s a personal best. Don’t let the voices in your head haunt you or have regrets, because another four year will pass until you can put it right. “The nation will get behind us whether we win or lose, but let’s give them something to shout about; let’s inspire a new generation of athletes like Mo [Farah] and Jess [Ennis] did during the Olympics."

Tracey has been selected for the 100m and 200m in the T11 category (T stands for track & field and 11 means totally blind)  and these events take place as follows

Saturday, Sept 1st:  200m Heats (10.53)  
Sunday, Sept 2nd:  200m S-F (11.55)  
Sunday, Sept 2nd:  200m Final (19.24)

Tuesday, Sept 4th:  100m Heats (11.04)  
Wednesday, Sept 5th  100m Final (20.17)

Good luck Tracey

[**Presentation Evening**](http://www.cardiffaac.org/news/presentationeveningadvancenotice.htm) **Thursday 23 August 2012**

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

This year's annual presentation evening will be held on Sunday 14th October at Earl Haig Club, Whitchurch. This event is extremely popular and is the occasion when the club recognises the contributions made by the junior athletes over the year. Further details will be announced later but put this date in your diary and don't miss it.

[**Senior men finish strongly**](http://www.cardiffaac.org/news/seniormenfinishstrongly.htm) **Tuesday 21 August 2012**

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

Cardiff's British Athletic League team travelled to Eton on Saturday last, 18th August, for the fourth and final round of the 2012 campaign. With a strong all round performance, Cardiff finished the day in third place and in fourth over the season, thus maintaining the club's position in Division One for next year. The picture of Francis Baker was kindly provided by Jeremy Hemming.

Team manager James Williams has done an excellent job since taking over this team a few years ago and writes as follows,

"Cardiff AAC senior men's team finished their season with a solid performance to finish third in the last fixture – this left the team fourth overall in the league – a single league points from third.

At one point it looked as if the team would be lucky to finish in the top eight as five athletes dropped out on Friday evening and two others missed their events due to traffic on the day.

Gareth Morris, who only had a few miles to travel to the event, ended up missing the 400m hurdles due to bad traffic on the M25 – Tom Phillips, battling to get fit after a frustrating winter faded in the home straight for eighth – as a result, no athlete competed in the B event. Gareth did eventually turn up and competed in the B 200 – after Jamie Sexton’s late withdrawal. Gareth ran 23.12 for eighth in the B and David Guest ran 22.12 for seventh in the A – amazing considering this was in between jumping 1.80m and 1.85m in the high jump.

David’s sensational day also included a 6.85m long jump (fifth in the A), a 14.59 win in the A 110H and storming legs in both the 4x100 and 4x400. He would be outdone however in the high jump by his younger brother Stephen. After flirting with the magical 2m barrier all year – he sailed over in glorious sunny conditions to claim third in the A event.

Another man making a huge contribution on the day was Fran Baker – making his BAL debut for the club. He sailed over 4.60m in the Vault (only a snapped pole stopped him from going higher), and ran a storming 14.71 to win the B 110H. He also ran in the 4x100 team that claimed third. In the B pole vault, young David Callan took victory in 3.80m – slightly lower than he wanted but valuable points for the team.

On the track Gareth Hopkins and Jamie Sexton battled hard in the 100m, with both men running just outside 11seconds. In the 400m Gareth Hopkins just faded down the home straight to finish sixth in 49.94, while Dan Dell ran a pb of 49.73 for second in the B event. Both men were part of the 4x400 team that finished 3rd. The glory leg of the relay was run by Elliot Slade who made a last minute decision to compete – thank goodness he did as he led from start to finish in the 800m to win in 1.50.28. Chris Prothero battled hard for fourth in the B.

In the 1500m, BAL stalward James Mills couldn’t make it back to back wins as he was just edged out in 3.57.12. Young Matt Edwards, making his BAL debut, battled hard for fourth in the B in 4.08.39 – gaining vital experience in the process. The 5k boys had to compete in temperatures close to 30 degrees and Carwyn Jones ran a solid race for third in 15.00.48, while BAL veteran Nat Lane ran his usual solid race for fourth in the B in 16.03.32. Once again Cardiff was unable to field an athlete in the steeplechase.

In the throws, Ryan Leonard (making his BAL debut) and Brad Cole continued their close rivalry, Ryan just getting the better this time fif– throwing 54.22m for 5th in the A, with Brad close behind with 53.75m for second in the B. In the shot, Gareth Winter was edged into second with 15.58m, Matt Field was also second with 14.16m in the B. Gareth also threw 47.17m for fourth in the Discus and Jake Mathews was back throwing well with 44.27m for second. Gareth also stepped in at the very last minute to register a throw of 30m in the hammer after Ashley Andrews missed his event due to traffic with Brad Cole throwing  40.48m in the A event for seventh.

In the triple Jump, Adam Williams jumped 14.35m for third – surely it's only a matter off time before he goes over 15m. Gary White was a late withdrawal due to injury and Gareth Morris reward for missing his hurdles race was to do the B triple Jump – producing 10.73m for eighth! Curtis Mathews battled hard despite a back injury for fourth in the B long jump.

It was a case of what might have been for the team on Saturday – had Gareth Morris and Ashley Andrews not missed their events, then the club would easily have finished second overall. Had the club fielded steeplechasers in all four fixtures then we would have had enough league points to have challenged for promotion – something the club will be working hard towards over the winter in preparations for next season.

This year was always going to be difficult with the Olympics meaning a confusing and unusual BAL calendar – Cardiff seemed to suffer more than most, with the club being unusually weak on the track. For the first time in memory, the club scored more points on the field than on the track with youngsters like Matt Field, Brad Cole, Jake Mathews and Gareth Winter having added valuable throwing points.

Curtis Mathews, David Guest, Gareth Hopkins and Curtis Mathews must be singled out for praise for their efforts this season – all have been willing to put the clubs needs before their own and been willing to help out wherever necessary.

See you all in 2013!"

**The match result was:**

1.  Enfield & Haringey AC (341)  
2.  Windsor Slough Eton & Hounslow AC (295)  
3.  Cardiff AAC (280)  
4.  Belgrave H (275)  
5.  Hern Hill Harriers (256)  
6.  Gateshead H & AC (255)  
7.  Thames Valley Harriers (242)  
8.  Harrow AC (238)

To view the full results click on [**RESULTS**](http://www.cardiffaac.org/files/BAL%204%20Aug%202012.pdf).

Cardiff has a very distinguished history in the British Athletics League. It was a founder member in 1969 and is one of only five clubs that have kept their places ever since. The other four clubs are Birchfield Harriers, Sale Harriers (now called City of Manchester), Woodford Green AC and Thames Valley Harriers.

[**Cardiff Open Meeting**](http://www.cardiffaac.org/news/cardiffopenmeeting.htm) **Tuesday 21 August 2012**

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

There will be an open meeting at Cardiff International Sports Stadium on Saturday next, 25th August, starting at 11.30am. The meeting has been specially organised by the club and Welsh Athletics at the request of the Australian Paralympic team that has been based in Cardiff and all athletes (all age groups from under 13 to senior), both able-bodied and disabled, will compete together.

Entry is free of charge on the day so just turn up and register and help to support the Australians.

To see the timetable of events please click on [**EVENT DETAILS.**](http://www.cardiffaac.org/files/Cardiff%20AAC%20Open%20Meeting%202012.pdf)

[**Fourth in Welsh U15 final**](http://www.cardiffaac.org/news/fourthinwelshu15leaguefinal.htm) **Monday 20 August 2012**

[](http://www.cardiffaac.org/news/fourthinwelshu15leaguefinal.htm)

Cardiff's Welsh Under 15 League team finished in a creditable fourth place in yesterday's Cup Final at Brecon. Despite absentees due to holidays Cardiff's athletes performed well with plenty of individual winners, including a triple triumph from promising young sprinter Daniel Murathodiz.

Winners were Swansea Harriers with Pembrokeshire Harriers second and Carmarthen Harriers third.

**The match result was:**

1.  Swansea Harriers  (1083 points)  
2.  Pembrokeshire Harriers  (1029)  
3.  Carmarthen Harriers  (1007)  
4.  CArdiff AAC  (892)  
5.  Wrexham AC  (671)  
6.  Newport Harriers  (567)  
7.  Cwmbran Harriers  (420)  
8.  Colwyn Bay AC (373)

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

**Under 11 Girls:**  Emma Martin (75m B & Long Jump B);  Sofia Vella (800m A).

**Under 11 Boys:**  Daniel Murathodiz (75m A & 150m A & Long Jump A);  Calvin Lomax (75m B).

**Under 13 Girls:**  Katie Long (800m B);  Lucy Dennis (1500m A);  Amber Harding (1500m B);  Imani Afzal (Discus B).

**Under 13 Boys:**  Sam Wink (100m A);  Jamal Abdilahi (100m B & Javelin B);  Ieuan Jones (1500m A);  James Short (1500m B);  Deio Hughes (75mH A & High Jump A);  Ioan Davies (75mH B);  James VIncent (High Jump B).

**Under 15 Girls:**  Rhiannon Long (200m B & 300m B);  Bethan Register (300m A);  Rosa Yates (800m A);  Rosie May Thompson (800m B);  Georgina Bradshaw (High Jump A).

**Under 15 Boys:**  Harry Hillman (80mH A & High Jump A).

Club teams also won both under 11 boys and girls 4x100m relays.

To view the full results click on [**RESULTS.**](http://www.welshathletics.org/media/414086/2012%20cup%20final.%20results.pdf)

[**Champions again**](http://www.cardiffaac.org/news/championsagain.htm) **Friday 17 August 2012**

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

Once again, Cardiff AAC has triumphed as the most successful club in Wales. The Wilkinson Sword Trophy is awarded annually to the club that achieves the most successes in the outdoor track and field championships of the year. It is based on the number of medals won and club members secured a total of 96, including 30 gold, 34 silver and 32 bronze.

In second place were Swansea Harriers with a total of 59 and Pembrokeshire Harriers were third with 28.

This is an excellent result for the club and congratulations go to all our medallists.

[**Same again for NJL team**](http://www.cardiffaac.org/news/sameagainfornationaljuniorteam.htm) **Monday 13 August 2012**

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

Cardiff's National Junior League team travelled to Derby yesterday, 12 August, for what was the last ever fixture of this league in its present form as, next year, it will be part of a reorganisation of junior league athletics, combining under 20 and under 17 age groups. Cardiff had finished in sixth place in each of the first three rounds and matched that once again, also finishing sixth overall. Congratulations go to Elliot Slade who was the men's Man of the Match for winning the 1500m A race in 3:52.4.

**Cardiff's individual event winners were:** Elliot Slade (1500m A);  Matt Drury (3000m A);  Ciaran Lewis (2000m s/c B);  Bradley Cole (Discus B & Javelin B):  Anna Morris (1500mA).

The men's 4x400m relay team produced a superb performance to win.

**The match result was:**

1.  Birchfield H  (598 points)  
2.  Rugby & Northampton AC  (510)  
3.  West Wales  (438.5)  
4.  Team Avon  (422.5)  
5.  Notts AC  (396.5)  
6.  Cardiff AAC  (270)  
7.  Derby AC  (256.5)  
8.  Cannock & Stafford AC  (200)

**The final league positions were:**  
1.  Birchfield H  (23 league points)  
2.  West Wales  (21)   
3.  Rugby & Northampton AC  (17)  
4.  Team Avon  (17)  
5.  Notts AC  (12)  
6.  Cardiff AAC  (9)  
7.  Derby AC  (6)  
8.  Cannock & Stafford AC  (3)

Team manager Debbie Bull has worked tirelessly for this team andI would like to wish all the athletes who are moving on to seniors every success in the future and looks forward to welcoming the new intake next season.

Thanks also to all athletes, parents and officials who have supported the team this year.

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/NJL%20Derby%2012%20Aug%202012.pdf)

[**Olympic round up**](http://www.cardiffaac.org/news/olympicroundup.htm) **Friday 10 August 2012**

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

Cardiff's four representatives at the London 2012 Olympic Games have enjoyed mixed fortunes as the Games gradually come to the end. Christian Malcolm (pictured), competing in his fourth Olympic Games, along with Rhys Williams and Gareth Warburton, wore the British vest whilst Ava Hutchinson, also in her first Olympics, wore the green of Ireland in the marathon. Their individual campaigns are over but Christian is still aiming for a sprint relay spot. We still have Tracey Hinton to follow in the Paralympics and wish her the best of luck.

[**Senior women stay up**](http://www.cardiffaac.org/news/seniorwomenstayup.htm) **Friday 3 August 2012**

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

Cardiff's senior women's team completed its UK Women's Athletic League campaign at Leigh, Manchester, last Saturday 28th July. By finishing in fifth place, both on the day and over the season's three matches, the team retained its place in Division One of the league.

In tough competition, Cardiff could manage only three individual event winners.

Bryony Raine and Elinor Lewis won the A and B pole vault competitions respectively while Kathryn Davies took the 400m hurdles B race.

**The match result was:**

1.  Trafford  (208.3 points)  
2.  Thames Valley Harriers  (208)  
3.  Shaftesbury Barnet Harriers  (204)  
4.  Wigan AC  (179.3)  
5.  Cardiff AAC  (168)  
6.  Southampton  (161.3)  
7.  Victoria Park  (158)  
8.  Newham & Essex Beagles  (110)

**The final league placings were:**

1.  Trafford  (21 league points)  
2.  Shaftesbury Barnet Harriers  (20)  
3.  Thames Valley Harriers  (20)  
4.  Southampton  (15)  
5.  Cardiff AAC  (11)  
6.  Wigan AC  (8)  
7.  Newham & Essex Beagles  (7)  
8.  Victoria Park  (6)

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/UKWL%2028%207%2012.pdf)

[**Super success at Stoke**](http://www.cardiffaac.org/news/supersuccessatstoke.htm) **Wednesday 1 August 2**

**012**

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

Cardiff's National Young Athletes League team exceeded expectations after scraping into the regional final held at Stoke on Sunday last 29th July. After holding fourth position of eight competing teams for much of the day, numerous excellent Cardiff performances saw Cardiff eventually finish in fifth place, with Rugby & Northants AC taking first.

Two Cardiff athletes scored triple wins; under 13 girl Amy Ahia won the 70m hurdles B race, the 150m B race as well as the high jump A while Jac Palmer triumphed in his number one event, the under 17 boys' hammer and added the discus B and shot put B.

A delighted team manager Andrew Seary decribes the day -

*"It was an early start for 60 Cardiff AAC athletes on Sunday who made the long journey to Stoke for the last ever NYAL Area Final ( next year the league is to be restructured into 13/15s and separate 17/20s.*

*"Despite the early start and long bus journey the youngsters competed brilliantly, with  23  individual winners, including a clean sweep of the under13 boys and girls sprint hurdles(Lauren Evans, Amy Ahia, Ben Paris, Deio Hughes).  
  
"Half way through the competition we were well placed in 4th position  but a lack of field event athletes meant that we finished a fantastic 5th ( we were ranked 8th ) and missed out on the Auxiliary final by 79pts.  
  
"A big thank you to Graham Webb (timekeeper ), Roger Grindle (field official) and John Penny (presentation) for their help on the day; also to all the parents who were cajoled into helping with the field and track duties.   
  
"Well done to all involved, Junior Athletics at Cardiff AAC has a bright and strong future."*

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

**Under 13 Girls:**  Amy Ahia (70mH B & 150mB & high jump A);  Lauren Evans (70mH A & high jump B);  Caitlin Exton (800m A);  Lucy Dennis (1200m A).

**Under 13 Boys:**  Ben Paris (75mH A & 100m A);  Deio Hughes (75mH B & high jump A);  Jamal Abdilahi (800m A).

**Under 15 Boys:**  Harry Hillman (80mH A);  Jake Heyward (1500m A);  Ryan Grimwade (high jump B).

**Under 17 Boys:**  Jac Palmer (hammer A & discus B & shot put B);  Adrian Lawrence (100mH B);  Matteo Holmes (hammer B).

**Under 17 Girls:**  Georgina Morgan (800m B);  Bethan Hill Howse (triple jump A);  Tasia Stephens (javelin A).  
  
To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/YAL%20Midland%20Final%20results%202012.pdf)

[**Senior men close the gap**](http://www.cardiffaac.org/news/seniormenclosethegap.htm) **Tuesday 31 July 2012**

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

Cardiff's senior men's British Athletics League team produced an excellent all round performance in the third match of the series last Saturday, 28th July, at Copthall, London. Finishing equal third with Belgrave and only eight points behind second placed Herne Hill Harriers, Cardiff is lying fourth with one match to go and has an outside chance of promotion back to the premier division.

Team manager James Williams was very pleased with his team's result and writes,

"A solid performance by the senior Men of Cardiff means that the club has confirmed its place in the Division One of the British League. The team still has an outside chance of being promoted back to the premiership but a few dubious officiating decisions on Saturday did not help that cause.

"Cardiff battled hard to finish joint third with Belgrave, to leave the club 4th overall in Division 1. It should have been outright third but a jump of 6.46m for Curtis Mathews in the long jump, which was written down as 4.46m meant that a point and a chance for a further 3 jumps was lost. He ended up 3rd in the B long jump, backing up David Guest who finished 2nd in the A.

"The senior team felt further aggrieved when Gareth Winter was pushed down to third in the shot put, a throw from the Herne Hill Harriers thrower being given a distance of 17.08m, instead of the 15.08m that was actually thrown. His distance equated to a near 2m pb for that thrower and, despite appeals by all other seven clubs affected, the result stood. This meant a further 2 points lost for Cardiff. In the B shot put, Matt Field threw another PB of 14.45m to take the victory.

"Other success on the field included another win for Gary White, whose first round effort of 15.23m was good enough. Youngsters Stephen Guest and Jonathan Bailey finished 3rd and 2nd in the A & B high Jump respectively whilst David Callan cleared a solid 4.20m in the Pole Vault for 5th place on his BAL debut.

"In the throws, Gareth Winter also threw 49m for 4th, while Jake Matthews' throw of 44.21m claimed 2nd in the B. Brad Cole had a busy day, with 6th in the hammer with 39.67m, and 50.81m for 4th in the Javelin. He was backed up by Ashley Andrews 36.50m (Hammer) and Gareth Winter 33.13m (Javelin).

"On the track, the 800m boys scored brilliant points, with Joe Maynard leading for 790m to finish 2nd in 1:51.18 and Tom Marley winning the B in 1:54.95. Tom would also run a last minute 400m, after Tom Miller pulled out through injury while warming up . Tom ran a decent 50.13 - not bad after a 10min warm up. Elliot Slade equalled his season's best with a 49.6 clocking for 6th. In the 1500m James Mills finally had the chance to concentrate on one event, after doubling up at the last 2 matches. He won the 1500m in a well judged race, finishing with a time of 3.56.86. Jon Peters ran 4.05 for 5th in the B.

"Two youngsters made their BAL debut in the 3000m, Matt Drury running 9.04 for 6th in the A and Owen Haswell 9.39 for 6th in the B. Gareth Morris provided valuable points in the 3000m steeplechase.

"In the 400m hurdles A, Gareth Morris battled hard for 3rd in another good time of 53.5 whilst Tom Phillips, running for the first time in a few years, ran 60.47 for 5th. In the short hurdles, David Guest once again impressed with 14.46 for 2nd in the A race and Curtis Matthews ran a new lifetime best of 16.40 in the B.

"In the short sprints, Gareth Hopking had a brilliant start to run 10.92 for 4th in the B and backed that up with 22.48 for 7th in the A 200m. In the same events Anax Da Silva, in his debut in the BAL, ran 11.27 for 8th in the A 100m and 22.30 in the B 200m for 4th. Both men, alongside a returning Liam Duff and David Guest ran a solid 42.15 in the 4x100 relay. The 4x400 team of Gareth Morris, Joe Maynard, Gareth Hopkins and Elliot Slade nearly pulled off the victory running 3:18.29 for 2nd, faster than the Welsh 4x400 team ran in the Welsh International Grand Prix a week or so earlier.

"The Cardiff team battled hard all day and was in contention right to the end. Had the team benefited from the senior internationals who were not available for one reason or another then we surely would have been able to win the match.

"The senior men will now go into the last fixture with an outside chance of promotion but realistically knowing that they will be back in the league next year stronger and gunning for not only promotion but league winners."

**The match result was:**

1.    Enfield & Haringey AC  (330)  
2.    Herne Hill Harriers  (304)  
3=.  Cardiff AAC  (296)  
3=.  Belgrave Harriers  (296)  
5.    Thames Valley Harriers  (274)  
6.    Windsor Slough Eton & Hounslow  (242)  
7.    Gateshead Harriers  (231)  
8.    Harrow AC  (214)

**League standings after three rounds are:**  
  
1.  Herne Hill H  (21 league points)  
2.  Enfield & Haringey AC  (18)  
3.  Thames Valley H  (15.5)  
4.  Cardiff AAC  (14.5)  
5.  W S E & H  (14)  
6.  Belgrave H  (13)  
7.  Gateshead  (8)  
8.  Harrow AC  (4)

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/BAL%203%202012%20Copthall.pdf)

[**Power behind the scenes**](http://www.cardiffaac.org/news/powerbehindthescenes.htm) **Monday 30 July 2012**

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

Lucy Power is the daughter of Sean Power, Cardiff AAC’s senior coach and former international triple jumper, and is currently at London 2012 as the senior team manager of Great Britain’s women’s basketball team. She has been involved with Great Britain basketball since its inception in 2006 and has been the Team Manager to the senior women's programme from its early competition in Eurobasket Division B, promotion to Division A and its recent inclusion in the World University Games.

Away from GB basketball Lucy is a Senior Lecturer in Performance and Coaching at Cardiff Metropolitan University (UWIC) where she started and  is the Director of UWIC Archers Academy of Basketball, developing players and coaches both within the club and through community outreach programmes.

She is also the Coaching Manager for Basketball Wales and is responsible for the development of a new tutor workforce and the implementation of UKCC qualifications. Lucy sits on the British Universities Sports Management group for Basketball as the Wales and Women's representative, and represents Basketball Wales on the GB Performance Management Group.

[**Clean sweep for juniors**](http://www.cardiffaac.org/news/cleansweepforjuniors.htm) **Sunday 29 July 2012**

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

Cardiff's team that competes in the Welsh Under 15 League finished top again yesterday, 28th July, in the last round of the season at Cwmbran, having won all four rounds. The team now goes forward to the Welsh final to be held in Brecon on 19th August where we shall be up against traditional rivals Swansea and Carmarthen.

This match was the re-arranged first round event that had been called off because of bad weather and clashed with the UK Young Athletes League regional final at Stoke being held today. As a result the Welsh Under 15 League team was depleted so that a victory was all the more welcome.

There were some good performances from the Cardiff team, notable of which was the triple victory of Katy Green in the Under 13 girls' 70m hurdles, high jump and long jump. Sofia Vella won the under 11 girls' 75m race 1 and the 800m as well as coming second in the long jump.

The under 11 boys' javelin saw Cardiff take the first three places with Elis Robjohn (first), Adam Moshin (second) and Dewi Paris (third).

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

**Under 11 Girls:**  Sofia Vella (75m race 1 & 800m);  Lydia Burton (75m race 2); Emma Martin (javelin).

**Under 13 Girls:**  Emily Thomas (100m race 1);  Katy Green (70mH & long jump & high jump);  Erin Phillips (shot put).

**Under 15 Girls:**  Elishka Cooper (800m);  Katherine Steggles (1500m).

**Under 11 Boys:**  Daniel Murathodzic (75m race 2 & 150m race 1);  Calvin Lomax (75m race 3);  Dewi Paris (150m race 2);  Elis Rabjohn (javelin).

**Under 13 Boys:**  Tom Atkinson (100m race 2);  Ioan Davies 75m hurdles).

**The match result was:**

1.  Cardiff AAC  (738 points)  
2.  Cwmbran H  (627)  
3.  Newport H  (607)  
4.  Hereford & County AC  (587)  
5.  Aberdare Valley AC  (466)  
6.  Blaenau Gwent AC  (452)  
7.  Rhondda AC  (342)

**The final league positions were:**

1.  Cardiff AAC  (28 league points)  
2.  Newport H  (21)  
3.  Cwmbran H  (20)  
4.  Hereford & County AC  (17)  
5.  Aberdare Valley AC  (14)  
6.  Blaenau Gwent AC  (7)  
7.  Rhondda AC  (5)

The first three teams go through to the final on19th August.

Congratulations and good luck in the final.

[**Howard Brown**](http://www.cardiffaac.org/news/howardbrown.htm) **Saturday 28 July 2012**

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

We are very sad to hear that Howard Brown, father of longstanding club member Gwenno Brown, has passed away. Howard was an enthusiastic supporter of the club and, as a timekeeper, regularly helped out, travelling to fixtures with the UK Women's League and National Junior League teams. He was himself a keen runner. The club's sympathies go to Gwenno and her family.

[**NJL team holds on**](http://www.cardiffaac.org/news/njlteamholdson.htm) **Thursday 26 July 2012**

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

Despite a depleted team, Cardiff's National Junior League team repeated its first round performance and held on to sixth place at its second round match held in Swansea on Sunday last, 22 July. With only one match left (the first round was cancelled because of the weather) Cardiff will hope to retain its place in the Midland Premier South division.

Cardiff scored good points through numerous good individual performances but could not make up for events without a representative.

**Cardiff's individual event winners were:** Kate Seary (800mA);  Megan O'Sullivan (Triple JumpA); Jamaul Whyte (100mB & 200mB);  Mike Ward (3000mB);  Ieuan Jones (2000mB steeplechase);  Matthew Field (HammerB);  Ryan Leonard (JavelinB);  Bradley Cole (Shot Put B);  Lara Durrani (400mB).

**The match result was:**

1.  Birchfield H  (489 points)  
2.  West Wales  (467.5)  
3.  Team Avon  (443)  
4.  Rugby & Northampton  (430)  
5.  Notts AC  (370)  
6.  Cardiff AAC  (339.5)  
7.  Derby AC  (194)  
8.  Cannock & Staffs AC  (121)

**After two rounds, the league position is as follows:**

1.  West Wales (15 league points)  
2.  Birchfield H  (15)  
3.  Team Avon  (12)  
4.  Rugby & Northampton  (10)  
5.  Notts AC  (8)  
6.  Cardiff AAC  (6)  
7.  Derby AC  (4)  
8.  Cannock & Staffs AC  (2)

The next match is on 12th August in Derby.

[**Club record at international**](http://www.cardiffaac.org/news/clubrecordatschoolsinternational.htm) **Tuesday 24 July 2012**

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

Although the Welsh team struggled against strong opposition in last Saturday's SIAB schools' international at Ashford, there were some encouraging performances from Cardiff athletes. Ellie Atkinson (pictured) took the bronze medal in the 1500m and, in the process, set a new under 17 girls club record of 4:32.71. The previous record had been held by Amanda Pritchard who went on to become a British international. Tasia Stephens continued her good form, taking the silver medal in the javelin with a throw of 40.24m.

Another thrower showing consistency is Jac Palmer who came close to his recent Welsh and club hammer record of 63.52m with a fourth placing 63.39.

Also of note was Ciaran Lewis's steady improvement in the 1500m steeplchase where he knocked a further eight seconds off his best time with 4:41.10.

Others who set new personal bests were Jack Gooch in the 1500m with a new time of 4:01.97 and Georgia Morgan in the 800m with a new time of 2:16.91.

The Welsh team finished in third place, behind England and Ireland.

[**Cardiff Juniors win again**](http://www.cardiffaac.org/news/cardiffjuniorswinagain.htm) **Sunday 22 July 2012**

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

Cardiff's team that competes in the Welsh under 15 league had a convincing victory again yesterday in the third round league match at Hereford. Cardiff scored 827 points against second placed Hereford & County's 746 and now have an overall lead of 3,381 points with Hereford second on 1,916. Two individual league records were set, by Jake Heyward who clocked 2:05.88 in winning the under 15 boys' 800m and by Ryan Grimwade who threw the under 15 boys' hammer 39.04m. Ryan also won the high jump (1.35m) and the javelin (43.55m) while Jake, stepping down in distance, won the 200m race 2.

Other performances of note occurred in the under 11 girls' shot put where Cardiff athletes took the first five places, the under 13 girls' 70m hurdles (the first three places), the under 15 girls' 800m (the first three places), the under 13 boys' 200m, race 2, (first three places) and the under 13 boys' 1500m (the first three places).

Daniel Murathodzic won three events (under 11 boys' 75m, 150m and long jump) and Ryan Grimwade matched this, winning the under 15 boys' high jump, hammer and javelin.

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

**Under 11 girls:**  Emma Martin (75m race 2); Sofia Vella (150m race 1 & 800m); Lydia Burton (150m race 2 & shot put); Cassey Grimwade (javelin).

**Under 11 boys:**  Daniel Murathodzic (75m race 1 & 150m race 1 & long jump); Calvin Lomax (75m race 2); Ieuan Priday (150m race 2 & javelin);

**Under 13 girls:**  Catrin Lord (200m race 2); Lauren Evans (70m hurdles); Amy Ahia (high jump); Katy Green (long jump);

**Under 13 boys:**  Sam Wink (100m race 1 & 200m race 1); Sam Wooding (100m race 3); Jamal Abdilahi (200m race 2 & javelin); Ieuan Jones (1500m); Ioan Davies (75m hurdles);

**Under 15 girls:**  Rosie Thompson (800m); Anna Mirza-Davies (1500m); Lottie Coakley (high jump);

**Under 15 boys:**  Jake Heyward (800m & 200m race 2); Ryan James (300m); Ryan Grimwade (high jump & javelin & hammer).

**The match result was:**

1.  Cardiff AAC  (1102 points)  
2.  Hereford & County AC  (746)  
3.  Newport H  (582)  
4.  Aberdare V AAC  (523)  
5.  Cwmbran H  (418)  
6.  Blaenau Gwent AC  (287)  
7.  Rhondda AC  (275)

**The scores after three rounds are:**  
  
1.  Cardiff AAC  (3381 points)  
2.  Hereford & County AC  (1912)  
3.  Newport H  (1912)  
4.  Cwmbran H  (1727)  
5.  Aberdare V AAC  (1558)  
6.  Rhondda AC  (886)   
7.  Blaenau Gwent AC  (848)

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/WA%20U%2015%20Lg%20results%2021%207%202012.pdf)

As the first round match (29th April) was cancelled owing to the adverse weather, the re-arranged match will take place next Saturday, 28th July, at Cwmbran. This match will decide the teams that will take place in the Welsh final at Brecon on 19th August.

[**Get well soon Sophie**](http://www.cardiffaac.org/news/getwellsoonsophie.htm) **Saturday 21 July 2012**

Cardiff AAC sprinter Sophie Walpole (14) and her family had a nasty shock when, only last Wednesday, she was diagnosed with a brain tumour. Sophie was operated on yesterday, Friday, and, thankfully, the tumour was benign and was removed. She is in the high dependency unit of the UHW Heath Hospital and is already recovering well. Her parents said that her recovery has been truly amazing considering she only had surgery yesterday. Sophie is coached by Helen James and all in her coaching group and in Cardiff AAC wish Sophie well and hope to see her back training before too long.

[**Fifteen in schools team**](http://www.cardiffaac.org/news/fifteeninschoolsteam.htm) **Monday 16 July 2012**

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

Fifteen Cardiff AAC members have been included in the Welsh Schools' athletics team to contest te SIAB schools' international at Ashford in Kent on Saturday next, 21st July. Jac Palmer has been named as captain of the boys' team and joins Cardiff colleagues Jacob Preece, Jack Gooch, Ciaran Lewis, Adrian Lawrence, Ryan Cooper, Tom Trotman and Matteo Holmes. Completing the team are Georgia Morgan, Ellie Atkinson, Olivia Evans, Rebecca Evans, Annabel Curle, Bethan Hill-Howells and Tasia Stephens.

Announcing the team, Cardiff's Kath Elias, who is chairman of the Welsh Schools' Athletic Association said, "We have selected our strongest team and we wish ‘Good Fortune’ to all of our athletes on July 21st and we very much hope that they will enjoy the experience but look to use it as a stepping stone to even better performances at under 20 and senior level in the years to come.”

[**Regional records fall**](http://www.cardiffaac.org/news/recordsfallatregionalchampionships.htm) **Sunday 15 July 2012**

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

Cardiff athletes were responsible for setting new records at the Welsh Inter Regional Championships held in Cardiff yesterday, 14th July. Jac Palmer, 16, (pictured) again improved his club record in the hammer with a throw of 63.52m, which was not only a championship record but also improved the age group best set by Welsh olympic competitor Shaun Pickering. Anaxa Da Silva won both the senior men's 100m and 200m, establishing a championship best of 22.06 in the latter.

The icing on the cake for Jac is that he has been named as captain of the Welsh schools' team to take part in the SIAB schools international in Ashford, Kent next weekend. Congratulations Jac.

Others who excelled were Elliot Slade (17) who easily won the senior 800m in a fast 1:51.42, Mica Moore who set a new standard in the senior women's 100m (12.19) and Emily Brown who won the 1500m steeplechase in a new championship record time of 5:02.55.

The championships were delayed because of the late arrival, caused by weather conditions, of the North Wales team and were held in generally reasonable conditions except for occasional, but thankfully short lived, downpours.

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20inter-regional%20results%202012.pdf)

[**Cosmeston win for Cardiff**](http://www.cardiffaac.org/news/cosmestonwinforcardiff.htm) **Friday 13 July 2012**

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

Cardiff AAC Men's team successfully defended their title at the popular Cosmeston Relays on Wednesday evening, 11th July. Jon Peters took Cardiff into an early lead by winning the first stage and in doing so won the Peter Hains Trophy, which is awarded to the winner of the first stage each year. This trophy is given in memory of Alex Hains' dad who organised the relays for many years. Chris Moss increased the club's lead on stage two before handing over to Elsidig Ibrahim who maintained our substantial lead. Carwyn Jones led the team home running narrowly outside of his own lap course record set last year but posting the fastest time of the night.

Swansea Harriers finished second with Les Croupiers in third.

[**Sixth Paralympics for Tracey**](http://www.cardiffaac.org/news/sixthparalympicsfortracey.htm) **Wednesday 11 July 2012**

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

Cardiff's Tracey Hinton was yesterday named in the Great Britain team for the 2012 Paralympic Games in London. For Tracey, who lost her sight at age 4, this will be her sixth Paralympic Games, having taken part in every edition since 1992. She is a multi medallist, having won silver in the 200m and 400m as well as bronze in the 100m in 1992; silver in the 800m and bronze in the 200m and 400m in 2000. Tracey has also won medals in the International Paralympic Committee World Championships and, only last month (June), won gold in both the 100m and 200m at the IPC European Championships in Holland.

Tracey competes in the T11 category and is one of Britain's most experienced and distinguished Paralympic athletes.

Many congratulations to Tracey and good luck.

[**Triple success for Elliot**](http://www.cardiffaac.org/news/triplesuccessforelliot.htm) **Tuesday 10 July 2012**

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

On 13th June, Cardiff's Elliot Slade ran a personal best 800m and broke the 1:50.00 barrier with a fine 1:49.85 which placed him fifth in this season's UK under 20 rankings (he is still only 17). On Saturday last, July 7th, Elliot probably exceeded his own expectations and gained a triple success at the Aviva Welsh Schools National track & field championships in Brecon, winning his speciality 800m in a record time and receiving two pretigious awards.

Last year, he missed this fixture because he was preparing to make his debut for the Aviva Great Britain and Northern Ireland team at the World Youth Championships in Lille.

This summer, despite the rain and unhelpful conditions, he has shown excellent form and has taken his personal best below the 1:50.00 barrier – a rare feat for a sixth former in Wales.

Give that form, it was no surprise that the Cardiff AAC athlete and Bishop of Llandaff pupil would win the senior boys’ race but eyebrows will have been raised by the quality of the performance on an afternoon when, unusually for Brecon, there was an unhelpful wind gusting into the faces of athletes in the home straight.

Elliot’s time was 1 minute 51.66 seconds, which hacked 2.29 seconds off the previous championship best, which, ironically, was set by his Cardiff AAC training partner – and former Coedylan (Pontypridd) pupil – Joe Thomas, who, sadly, is recovering from a stress fracture.

While that first success might have been predicted, the two follow-on successes were not.

That performance earned Elliot a half share in the Kirsty Wade Distance Trophy – the other recipient being Rhianwedd Price (Powys), who bettered the senior girls’ 1500 metres steeplechase best.

The Kirsty Wade trophy was first presented in 1995, and Elliot is the first pupil from the Cardiff & the Vale of Glamorgan district to receive the award.

The good news did not stop there because Elliot received a second and even more prestigious award – the Welsh Academicals Cup for the boy achieving the best performance in a track event at those championships.

While sprinter Michael Prentice (Howell’s School), who sadly was injured and had not recovered in time to compete, received that award last year for his senior boys 200 metres best – and Joe Thomas was presented with the award in 2006 when he lowered the 1:54.16 set by James Nasrat in 2001 – you have to look back through the Welsh Schools’ history to 1986 to find the last occasion that a middle distance runner from this area – South Glamorgan as it then was – is listed as receiving the award, and that individual was Justin Hobbs (Cardiff High and Cardiff AAC), who went on to gain GB international honours.

Under the guidance of coach Arwyn Davies, Elliot is steadily improving and is clearly someone to watch for the future.

The full results of the Welsh Schools Championships can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/WelshSch%20Champs%20July%202012.pdf)

[**BAL team in tight match**](http://www.cardiffaac.org/news/balteamintightmatch.htm) **Sunday 8 July 2012**

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

Cardiff's senior men's team made the long journey to Gateshead for the second round of this year's British League National Division 1 campaign, having come a fine second in the opening match. This time, the team found itself in a tight contest with only ten points covering fourth to sixth places and slipped to sixth place on the day, behind local club Gateshead who put up a strong performance, having come last in the first round.

Cardiff could produce only three individual event winners in Gareth Hopkins (400m B), David Guest (long jump A) and Matthew Field (shot put B).

**The match result was:**

1.  Thames Valley Harriers (308.5 points)  
2.  Herne Hill Harriers (293)  
3.  Windsor Slough & Eton AC  (285)  
4.  Gateshead H & AC  (270)  
5.  Belgrave H  (267)  
6.  Cardiff AAC (260)  
7.  Enfield & Haringey AC  (257)  
8.  Harrow AC  (245.5)

**The league positions after two rounds are:**

1.  Herne Hill Harriers (14 league points)  
2.  Thames Valley Harriers  (11.5)  
3.  Windsor Slough & Eton AC  (11)  
4.  Enfield & Haringey AC  (10)  
5.  Cardiff AAC  (9)  
6.  Belgrave H  (7.5)  
7.  Gateshead H & AC  (6)  
8.  Harrow AC  (3)

To view the full results click on [**RESULTS.**](http://caac.einfinity.co.uk/files/BAL%20Gateshead%2030%20June%202012.pdf)

The next round is on 28th July at Copthall, London

[**Gareth in team**](http://www.cardiffaac.org/news/garethinteam.htm) **Friday 6 July 2012**

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

Cardiff's Gareth Warburton has been added to the Great Britain olympic team after lodging a successful appeal against his omission. He said "I am absolutely delighted to have been selected to Team GB to represent my country at our home Olympic Games. This is an incredible opportunity for me and I intend to make the most of it. I am joining a fantastic team of athletes and we're all focused on doing Britain proud this summer." Gareth's was the only succesful appeal of the eleven heard by the appeals panel.

Cardiff AAC now has three members in the Olympic team; Gareth, Rhys Williams and Christian Malcolm.

[**Young Athletes through to final**](http://www.cardiffaac.org/news/youngathletesthroughtofinal.htm) **Thursday 5 July 2012**

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

Cardiff's National Young Athletes' League team has qualified for the Midlands area final to be held in Stoke on Sunday 29 July. This reward follows the team's steady improvement over the season's three fixtures, culminating in an excellent second place in the home fixture held in Cardiff on 17th June. Track and Field chairman Andrew Seary is delighted with this outcome and is hoping to send a strong team to the final.

The other clubs that will be at Stoke are Birchfield Harriers, Cheltenham & County Harriers, City of Stoke AC, Nene Valley Harriers, Notts AC, Rugby & Northampton AC and Swansea Harriers.

**The match result in Cardiff was**:

1.  Swansea AC  (975 points)  
2.  Cardiff AAC  (801)  
3.  Cheltenham & County AC  (788)  
4.  Yate & District AC  (590)  
5.  Radley AC  (453.5)  
6.  Bristol & West AC  (383.5)

**The overall result after three rounds was:**

1.  Swansea AC  (18 league points)  
2.  Cheltenham & County AC  (14)  
3.  Cardiff AAC  (11)  
4.  Yate & District AC  (9)  
5.  Radley AC  (8)  
6.  Bristol & West AC  (3)

**Cardiff's individual event winnes in Cardiff were:**

**Under 13 girls:** Amy Ahia (150m B & high jump B);  Caitlin Exton (800m A);  Katie Long (800m B);  Amber Harding (1200m B);  Lauren Evans (70mH A & high jump A);  Catrin Lord (long jump A).

**Under 13 boys:** Sam Wink (100m A & 200m A);  Ben Paris (100m B & 200m B & 75mH A);  James Vincent (800m A);  Deio Hughes (high jump B).

**Under 15 girls:**  Rosa Yates (800m A);  Emma Ligthart (1500m B);  Georgie Bradshaw (high jump B).

**Under 15 boys:**  Harry Hillman (100m B);  Ryan James (300m A);  Alex Love (300m B);  Jake Heyward (1500m A);  Aeron Evans (1500m B);  Ryan Grimwade (javelin A).

**Under 17 girls:**  Olivia Evans (200m A);  Ellie Atkinson (1500m A);  Holly Field (pole vault B);  Bethan Hill-Howells (triple jump A).

**Under 17 boys:**  Gage Francis (100m B & long jump A & triple jump A);  Ryan Cooper (400m B);  Lewis Brunt (1500m B);  Dafydd Williams (400mH B & long jump B);  Ciaran Lewis (1500m s/c A);  Ieuan Jones (1500m B);  Jacob Preece (triple jump B);  Matteo Holmes (discus A & hammer B & javelin A);  Jac Palmer hammer A).

To view the full results from Cardiff click on **TRA**[CK RESULTS](http://www.cardiffaac.org/files/YAL%20Track%2017%20June%202012.pdf) or [**FIELD RESULTS**](http://www.cardiffaac.org/files/YAL%20Field%2017%20June%202012.pdf).

Congratulations and good luck in Stoke.

[**Rhys in as Gareth disappointed**](http://www.cardiffaac.org/news/rhysinteamasgarethisdisappointed.htm) **Wednesday 4 July 2012**

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

As expected after his gold medal winning performance in Helsinki, Cardiff's Rhys Williams' olympic team place was confirmed yesterday by UK Athletics. He takes his place alongside Christian Malcolm who goes to his fourth Olympic Games and has been selected for the 200m as well as the 4x100m relay. Somewhat surprisingly, Gareth Warburton was not amongst those announced yesterday despite being one of only three British athletes to have secured the A standard qualifying time. He may have paid the price for seeking a second A time in round one of the European Championships (and narrowly failing) and then missing out on a place in the final. In the circumstances he can feel somewhat aggrieved at his omission.

Perhaps it is still not too late for him to be added as there is still one place left open in the 800m. Let's hope so.

Congratulations also to Brett Morse and Dai Greene for their selections.

[**All round ability**](http://www.cardiffaac.org/news/allroundability.htm) **Tuesday 3 July 2012**

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

Cardiff's athletes demonstrated their all round talents at the Welsh Athletics and Welsh Schools combined events championships held in Newport on Saturday last, 30th June. Pride of place must go to the under 13 girls Welsh Championship where Lauren Evans, Amy Ahia and Amber Harding took the first three places and all the medals. Tom Trotman (pictured) won the under 15 boys' championship with a score of 2,608 points, including a 1.80m high jump. Harry Hillman took the silver medal.

In the under 13 boys' event, Ben Paris won with 1,253 points, closely followed in second place by Deio Hughes with 1,137.

Claire Taylor came third in the under 17 girls' event with 2,528 points.

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/WA%20Combined%20Events%202012.pdf)

[**Rhys is Euro Champion**](http://www.cardiffaac.org/news/rhysiseurochampion.htm) **Friday 29 June 2012**

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

Cardiff's Rhys Williams crowned what was probably the best series of races he has put together by running a flawless final to win the European Championships 400m hurdles title in Helsinki today, taking the title won by Dai Greene in Barcelona two years ago. His winning time of 49.33 is a season's best and clinches his place in the Great Britain Olympic team, a fantastic come-back after the devastation of falling in the UK trials last weekend.

Rhys now has a complete set of European Championship medals, having won bronze in Gothenburg in 2006 and silver in Barcelona in 2010.  He was also European Junior Champion in 2003 and European Under 23 Champion in 2005. There cannot be many who have such a complete set of European medals. He was also the Commonwealth Games bronze medallist in Delhi in 2010.

Interviewed after the race Rhys said that he had "wanted to make the most of today as it was his chance to win a major senior title at last." He dedicated his win to his mum and dad who have supported him through his career. Asked about his Olympic ambitions, he said, "it is a big step up to world standards but that's what I am training for. Today has given me confidence and I hope to run faster later in the season."

This is a fantastic achievement for Rhys after a difficult few months and a well deserved reward for his determination and self confidence.

Many congratulations Rhys.

[**NJL team off to a start**](http://www.cardiffaac.org/news/njlteamofftoastart.htm) **Thursday 28 June 2012**

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

After the disappointment of having its first round match cancelled because of severe weather, Cardiff's National Junior League team got to compete at Yate last Sunday, 24th June, and, despite some gaps in the team, performed creditably. This time the weather was kinder although the wind was blustery on occasions.

Cardiff finished in sixth place just 14 points behind Notts AC in fifth. With the next match in Swansea on Sunday 22nd July we need to build on this to put us on a solid footing before the last match on 12th August in Derby. If we can fill a few of the gaps, especially over the hurdles, there is no reason why we can't move up a place in the table next time.

There were several good individual performances with Sam Gordon confirming that his sub 11 secs time at the BAL match recently was not a one-off, by running 10.96 to take second place in the 100m A race. Jac Palmer made his debut at the 6k hammer with a magnificent throw of 54.31m. The match saw a substantial number of new athletes appearing for the first time in a Cardiff vest in this League. Mathew Edwards put in a fine performance in the 2k steeplechase finishing second in 6:15.23. Bradley Cole scored a double win in the Hammer B and Javelin A.

In the girls section, the middle distance was strong with Kate Seary, Georgia Morgan and Ellie Atkinson all making their debuts in this League. With a helping hand from Majidah Harb, they made a clean sweep in the 800m and 1500m winning both A & B races between them. There was also a very respectable 4th place for Fiona Bray in the 3000m. Megan O'Sullivan did well in the Triple Jump to finish in second place with 11.32m.

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

**Men:**  Jamaul Whyte (200m B);  Mike Ward (1500m A);  Bradley Cole (Hammer B & Javelin A).

**Women:**  Alison Singleton (100m B);  Kate Seary (800m A);  Georgia Morgan (800m B);  Ellie Atkinson 1500m A);  Majida Harb (1500m B).

**The match result was:**

1.  West Wales  (554 points)  
2.  Birchfield H  (506)  
3.  Team Avon  (451)  
4.  Rugby & Northampton (444)  
5.  Notts AC  (403.5)  
6.  Cardiff AAC  (389.5)  
7.  Derby AC  (259)  
8.  Cannoch & Stafford AC  (141)

To view the full results click on [**RESULTS.**](http://caac.einfinity.co.uk/files/NJAL%2024%20June%202012.pdf)

A big well done to all who competed in Yate and we look forward to seeing you in Swansea on 22nd.

[**Young athletes march on**](http://www.cardiffaac.org/news/youngathletesmarchon.htm) **Tuesday 26 June 2012**

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

Cardiff's team in the Welsh under 15 league again dominated in the second round match held in Newport on Saturday last 23 June. Cardiff piled up a points total of 1167 against second placed Newport AC's 709 thanks to 38 individual event winners (including a triple win for Ryan Grimwade) and other high scoring team members.

**The match score was:**

1.  Cardiff AAC (1167 points)  
2.  Newport AC (709)  
3.  Cwmbran AC (655)  
4.  Hereford & County AC (636)  
5.  Aberdare Valley AC (482)  
6.  Rhondda AC (304)  
7.  Blaenau Gwent AC (269)

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

**Under 11 girls:** Sofia Vella (75m & 800m);  Emma Martin (long jump);  Cassey Grimwade (shot put & javelin).

**Under 13  girls:**   Catrin Lord (100m race 3 & 200m race 2);  Lisa James (200m race 3);  Caitlin Exton (800m);  Lucy Dennis (1500m);  Amy Ahia (70m hurdles race 1);  Amber Harding (70m hurdles race 2);  Lauren Evans (long jump).

**Under 15 girls:**    Bethan Register (300m race 2);  Rosie Thompson (800m);  Alice Broadley (1500m);  Lottie Coakley (high jump);  Elishka Coupar (javelin).

**Under 11 boys:**     Ieuan Priday (75m race 1 & 150m race 1 & javelin);  Daniel Murathodzic (75m race 3 & long jump);  Calvin Lomax (75m race 4 & 150m race 2);  Dewi Paris (150m race 3);  Adam Moshin (shot put).

**Under 13 boys:**   James Vincent (200m race 2);  Ieuan Jones (1500m);  Ioan Davies (75m hurdles race 1);  Ben Paris (75m hurdles race 2);  Deio Hughes (high jump);  Jamal Abdilahi (javelin).

**Under 15 boys:**     Aeron Evans (800m);  Harry Hillman (80m hurdles);  Ryan Grimwade (high jump & hammer & javelin).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20U15%20results%2023%206%2012.pdf)

[**Rhys and Gareth in Euro team**](http://www.cardiffaac.org/news/rhysandgarethineuroteam.htm) **Monday 25 June 2012**

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

Rhys Williams and Gareth Warburton have both been included in the Great Britain team for the European Championships which starts in Helsinki on Wednesday. This gives them both a final chance to convince the selectors to add them to the Olympic team after missing out on automatic qualification at the UK trials over the past weekend. Both Rhys and Gareth have achieved the necessary A standards and convincing performances in Helsinki could see them both added to the team for London.

Thr first round of Gareth's 800m is scheduled for Wednesday which does not give him too much time to recover from yesterday's final in Birmingham. The first round of Rhys's 400m hurdles is on Thursday.

Christian Malcolm has been included in the sprint relay squad.

Godd luck to them all.

[**Christian clinches place**](http://www.cardiffaac.org/news/christianclinchesplaceasgarethwaits.htm) **Sunday 24 June 2012**

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

Cardiff's Christian Malcolm clinched his place in the British Olympic team by taking second place in his favourite 200m at today's final session of the UKA olympic trials. The final of the 200m was Christian's fifth race in three days, something he had deliberately chosen to do to replicate the pressure of a major championship. After the race he said that he had felt the strain of so many races and had to use all his experience to pull through to second and a guaranteed place on the team. Christian, who was world junior champion at both 100m and 200m in 1998 has enjoyed an illustrious career in the sport and will be competing in his fourth Olympic Games. Congratulations to Christian.

Gareth Warburton went into the final of the 800m as one of only three athletes to have the A standard needed for automatic selection but was unable to get into the first two in the race and will have to wait to see if the selectors will give him one of the discretionary places. Forced to take the lead from the gun, Gareth led the race but slipped from first to fourth place in the home straight.

Fingers crossed for Gareth as well as for Rhys Williams who also has an agonising further wait.

A bronze medal was the reward for Bethan Davies who set a personal best in the 5000m walk with 24:47.87, a time which ranks her third in the UK.

In the final of the women's 1500m, promising Charlotte Arter ran a steady race but found it too hot on the final lap and finised in 9th position in 4:25.66.

In the men's 5000m, Joe McDonald finished in 7th place (14:14.56) and Adam Bitchell in 10th (14:20.58).

And finally, the women's pole vault saw Bryony Raine clear 3.71m for 8th position.

[**Gareth through as Rhys falls**](http://www.cardiffaac.org/news/gareththroughasrhysfalls.htm) **Saturday 23 June 2012**

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

Cardiff's Gareth Warburton cruised through to tomorrow's final of the 800m at today's UK Olympic trials in Birmingham in a comfortable 1:50.45, winning heat two. On the other hand, Rhys Williams suffered the tragedy of falling after hitting the ninth hurdle in the 400m hurdles final and did not finish. Rhys had been running strongly and was well in contention for one of the three olympic qualifying positions but misjudged the ninth.

After the race Rhys commented, "I haven’t hurt myself, it’s my pride that’s been hurt. What can I say? I hope I  get another chance to qualify for the Olympics – I hope they pick me. I may have to now go to the Euro’s now."

Christian Malcolm finished fifth in a hotly contested 100m final, good preparation for his speciality 200m tomorrow. Christian's vast experience should see him once again selected for the sprint relay squad.

Promising 1500m runner Charlotte Arter has qualified for tomorrow's final of the women's 1500m, finishing fourth in her heat in 4:20.03.

Emma Peters was not so lucky despite coming third in her heat of the 400m hurdles in 61.00.

Ieuan Thomas finished 9th in the 3000m steeplechase in 9:00.81.

[**Rhys through to final**](http://www.cardiffaac.org/news/rhysthroughtofinal.htm) **Friday 22 June 2012**

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

Cardiff's European and Commonwealth medallist Rhys Williams safely qualified today for the final of the 400m hurdles at this weekend's UKA Olympic trials in Birmingham. Rhys qualified by winning heat 2 in 50.54, the second fastest time, to secure his place, and potentially a good lane, in what will be one of most important races of his career. The final is at 17.13 tomorrow, Saturday - don't miss it. Also comfortably through from heat 8 of the 100m, in 10.48, is popular club stalwart Christian Malcolm. Christian will line up tomorrow in semi final two, with the final later in the day.

Also contesting the 100m were Tom Knight (5th in heat one in 10.94) and Mica Moore (6th in heat three in a season's best of 12.15).

Rhiannon Linington Payne took on some of Britain's best in the 400m, finishing 6th in heat 6 (won by Shana Cox) in 55.86.

Tom Marshall and James Thie contested the 1500m heats but found them too tough to progress to the final.

Tomorrow's events include the 800m where Cardiff's Gareth Warburton will want to build on his recent form which gives him a real chance of making the olympic team.

Let's hope the weather is warmer.

[**Apologies**](http://www.cardiffaac.org/news/apologies.htm) **Thursday 14 June 2012**

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

We apologise to all visitors that this website has not been updated for some time. This is due to the indisposition of the, voluntary, webmaster through illness. Normal service will be resumed as soon as possible. Thank you for your patience.

[**Jac hammers father’s record**](http://www.cardiffaac.org/news/jachammersfathersrecord.htm) **Thursday 31 May 2012**

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

Cardiff’s promising young hammer thrower Jac Palmer (16) has set a new club record in the under 17 hammer, erasing the record set by his father Adrian in 1985. After achieving a series of personal bests during May, Jac threw the 5k implement 59.14 metres during the Welsh Senior League at Cwmbran last Sunday, 27th May. The previous record was 56.92m.

Jac has enjoyed an excellent month of competition which got off to a good start when he won the Cardiff & Vale Middle schools competition with a pb of 55.98m. Selected to represent Welsh Schools at the Olympic Stadium, Jac came a very respectable fourth with 55.44m but followed this at the South Wales regional championships with a winning 56.94, improving his father’s record by 2 centimetres. His 59.14m took him into 5th place in the UK rankings this year and it seems just a matter of time before the 60m barrier is breached.  
  
Jac is coached by father Adrian who was one of Cardiff and Wales’ best hammer throwers, setting club records at under 17, under 20 and senior age levels. He won Welsh championship medals every year from 1987 until 2002 (16 consecutive years – an astonishing record), including five gold medals in 1991, 1993, 1995, 1996 and 1997.

Another Cardiff AAC family with something to celebrate is the Grimwades after the family efforts at the Welsh Junior league competition at Aberdare last Saturday, 26th May.

Casey Grimwade (under 11) was first in the javelin and second in the shot put, as well as taking part in the long jump, whilst older brother Kieran (under 15) won the javelin and the long jump and was second in the shot put; and Ryan (under 15) won both the javelin and the hammer.

[**Men's team off to a fine start**](http://www.cardiffaac.org/news/mensteamofftoastrongstart.htm) **Tuesday 29 May 2012**

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

Cardiff's British Athletics League team got off to an excellent start on Sunday last, 27th May, in its bid for promotion back to the premiership division. In conditions that team Manager James Williams decribed as "more fitting for the Caribbean than north London, temperatures in the high twenties, which made life very difficult for all athletes", Cardiff ended the day in third spot. Cardiff's athlete of the match was Joe Maynard (pictured at the regional championships) for his performances in the 800m (which he won) and the 4x400m relay..

After being relegated from the premiership last season, this year's campaign, kicking off at the Lea Valley stadium, was to be a test of character but the athletes certainly rose to the occasion, as they battled hard, and a late surge saw them finish a credible third of eight teams.

James Williams was delighted with the team's performance and describes the day's events as follows:  
 "In a rare change of fortunes, the club scored more points in the field than on the track. In the field events there were victories for Gary White in the A Triple Jump and Jonathan Bailey (B High Jump), backed up by Adam Williams (2nd B Long and Triple Jump), Curtis Mathews (4th Long Jump and 7th Pole Vault) and Stephen Guest (5th A High Jump).  "In the throws, Cardiff showed that they are beginning to make some progress with a number of new recruits and young up and coming throwers taking some very good points for the team. In the javelin, Jason Copsey marked his debut for the club with a huge new personal best of 65.10m in the Javelin for third place. He was backed up by Bradley Cole (53.83). Bradley also threw a new PB in the Hammer with 44.33m for 6th. Ashley Andrews was frustrated to only have one legal throw on his debut, claiming 6th in the B event. Matt Field continued his superb progress with a new PB with the senior weight in the shot - he threw 14.34m for 3rd in the A string - with Jake Mathews, competing in the BAL for the first time in two years, throwing 13.94m for 2nd in the B. The positions were reversed in the discus, Jake throwing 43.72m for 5th in the A and Matt 37.33m for 5th in the B. Matt's throw was PB with the senior weight implement. "With six London based clubs in the division the sprints were always going to be tough and, despite both running season bests, Rhys Knapman (10.95) and Gareth Hopkins (10.92) could only finish 8th in their respective 100m races. In the guest race, Sam Gordon dipped under 11 seconds for the first time with a 10.96 clocking. There was slightly better news in the 200m, with Rhys Knapman claiming 5th in a season's best 21.83 and Sam Gordon running a PB with 22.32 for 6th. "The 400m saw Tom Miller brave a sore calf for 4th in the A string in a season's best (48.60) and Glyn Hawkes, in his first outing of 2012, was happy with his 48.77 for 2nd. Glyn also ran a scintillating 47sec leg in the relay along with Joe Maynard (48.2), Elliot Slade (49.9) and Gareth Morris (50.1). The team were comfortable winners, before being disqualified for a very minor infringement during a baton change - thank goodness it didn't have any bearing on the overall result. In the 4x100 a much changed team battled hard for 6th. "In the hurdles, Gareth Morris ran a season's best with 53.18 for 3rd and Michael Haslett also ran a season's best with 54.33. Gareth returned for the sprint hurdles with 7th in the A string and Curtis Mathews seemed on schedule for the win before hitting the last hurdle badly and eventually having to settle for 4th. "In the distance events, Joe Maynard took Cardiff's only win on the track with a superb finish running 1.50.88 for 800m and this, along with his relay leg, saw him named Cardiff's athlete of the match. In the B string, Michael Kershaw left himself with too much to do on the last lap, finishing 3rd in 1.54. Elliott Slade and Tom Marley's  brave effort from the front didn't pay off as they were caught on the last lap to finish 5th and 3rd respectively in the 1500m. "The 5,000m saw one of the performances of the day from Rowan Axe - he pushed on with 2k to go, dropping everyone bar Alberto de Pedro of Belgrave. Unfortunately the Belgrave athlete was too fast for Rowan over the last 100m but Rowan was rewarded with a new PB of 14.48.02 and the Mick Woods coached athlete looks a sure bet to go even quicker this summer. James Mills stepped up in distance and battled hard in the sun to claim 3rd in 15.21. "Overall it was a very solid start to the season by the senior men and they now move on to Gateshead for match 2 and will aim to cement their position near the top of the division."

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/BAL%20results%2027%20May%202012.pdf)

[**Rhys gets Olympic qualifier**](http://www.cardiffaac.org/news/rhysgetolymoicqualifier.htm) **Monday 28 May 2012**

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

Cardiff' European and Commonwealth medallist Rhys Williams took a step nearer his ambition of selection for the London Olympics by running the A qualifying time (49.50) in Oordegem, Belgium yesterday, 27 May. Rhys was timed at 49.45 and jumped to third place on the latest UK rankings, which are headed by fellow Welshman Dai Greene who clocked 48.96 in Morroco, although coming second to Felix Sanchez. Ranked second is Richard Yates (49.39) who just edged out Rhys in the run in in Belgium. Two other British athletes, including Jack Green, have already run sub-50 so the battle for Olympic places is hotting up. We shall keep our fingers crossed for Rhys.

[**UK WAL team's tricky start.**](http://www.cardiffaac.org/news/ukwomensleagueteamofftoatrickystart.htm) **Sunday 27 May 2012**

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

Cardiff's UK Women's League team started the 2012 campaign with a home match at the Cardiff International Stadium under a mostly cloudless sky but very hot conditions. Cardiff finished the day in sixth place and, amongst some creditable performances, could produce only four winners. Emma Pullen and Rhiannon Linnington-Payne won the A and B 400m respectively and were jointly presented by club treasurer Graham Webb as Cardiff's athletes of the match.

Emma had won the A race but Rhiannon set a personal best in winning the B race so team manager Martyn Peters decided to award them jointly.

The other event winners were former club captain Debbie Rees and Emma Loveland who toiled in the heat to win the A and B 3000m.

Team manager Martin Peters describes the day -

"Hot sunshine greeted Cardiff’s senior women for their first UK Women’s League match of the season, and I’m pleased to report the team’s performance matched the conditions. We had several outstanding contributions, notably wins in the ‘A’ and ‘B’ strings of both the 400m and 3k. Well done to new club members Emma Pullen and Rhiannon Linnington-Payne who were jointly awarded Athlete of the Match for providing the first two 8-pointers of the afternoon in the 400. "These were immediately followed by the next ‘full house’ provided by two of our team stalwarts Debbie Rees and Emma Loveland, who both produced fine 3000 metre runs in the heat.  Across all the track events our athletes put in solid point scoring performances.  "Not to be outdone, the throwers and jumpers were busy racking up a steady stream of points in the field events. Special thanks to Sarah Benson and Beth Sewell for covering practically all the throws between them, and Imogen Miles for the horizontal jumps. It’s a real shame our poles were in Cwmbran whilst our vaulters were in Cardiff, as they could have scored a hat full of points between them, owing to the low number of entrants! "The afternoon was rounded off very nicely by our relay squads both putting in strong runs to finish second in each race." I would also like to say a big, “Thank you” to all the athletes who stepped up to fill gaps in events they don’t normally do – usually at short notice and often voluntarily. Also a general, “Thank you” to everyone who took part, helped out, suggested names to fill empty slots, and all-in-all made for a great afternoon of athletics! "

**The match result was:**

1.  Shaftesbury Harriers (210 points)  
2.  Thames Valley Harriers (172.5)  
3.  Southampton AC (170.3)  
4.  Trafford AC (168.3)  
5.  Newham & Essex Beagles (139.5)  
6.  Cardiff AAC (136)  
7.  Wigan Harriers (117.3)  
8.  Victoria Park Glasgow (105)

[**Clear win for young athletes**](http://www.cardiffaac.org/news/clearwinforyoungathletes.htm) **Saturday 26 May 2012**

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

After the first round match of this year's Welsh Under 15 League had been cancelled because of torrential rain, today's match at Aberdare was held in glorius sunshine, albeit there was a strong wind. Cardiff had 34 individual event winners, including a Harry Hillman (pictured) double and the team scored a resounding win, amassing 1089 points against second placed Cwmbran's 678.

**Individual event winners were:**

**Under 11 girls:**  Sofia Vella (75m race 1 & 800m);  Emma Martin (75m race 3);  Casey Grimwade (javelin).

**Under 11 boys:** Daniel Murathadzic (75m race 2, 150m race 3 & long jump);  Dewi Paris (75m race 3 & 150m race 2);  Calvin Lomax (150m race 1);  Scott Brown (shot put).

**Under 13 girls:**  Catrin Lord (200m);  Emily Thomas (70mH race 1);  Amy Ahia (70mH race 2 & high jump).

**Under 13 boys:**  Sam Wink (100m race 1, 200m race 2 & 75mH);  Daniel Austin (800m);  Ieuan Jones (1500m);  Deio Hughes (high jump);  Tom Atkinson (long jump);  Kieran Grimwade (javelin).

**Under 15 girls:**  Bethan Register (200m race 1);  Ameera Hassan (800m);  Emily Griffin (1500m).

**Under 15 boys:**  Ryan James (200m & 300m race 1);  Jake Heyward (300m race 2 & 800m);  Alex Love (1500m);  Harry Hillman (80mH & high jump);  Ryan Grimwade (javelin & hammer).

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20U15%2026%20May%202012.pdf)

[**Melanie's great day**](http://www.cardiffaac.org/news/melaniesgreatday.htm) **Friday 25 May 2012**

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

On a glorious summer's evening, thousands of spectators turned out to cheer Cardiff's Melanie Stephenson as she set off on the final stage of the day's Olympic torch relay in Cardiff. From Cathedral Road to Cardiff Castle, the street was crowded with onlookers as Melanie's torch was lit from that of the incoming runner and her duty was to carry it into Cooper's Field and to light the cauldron prior to the concert that had attracted 16,000.

**Awaiting the arrival of the torch procession in Cardiff.**

  To see Melanie lighting the cauldron, click [**HERE.**](http://www.bbc.co.uk/news/uk-18215173)

Earlier in the day, club member Caitlin Exton had completed a leg in Newport and life member, Olympic gold medallist Lynn Davies had also completed a leg in Cardiff.



**Caitlin Exton**



**Caitlin Exton**

Tomorrow, Saturday, the torch continues on its journey through Wales and Ken Bennett will take a leg through Swansea and, on Sunday, Mike Kallenberg through Aberaeron.

Making it a double for Cardiff AAC, founder member Ken Bennett had the honour of lighting the cauldron in Swansea.



**Ken Bennett**

[**YAL team moves up**](http://www.cardiffaac.org/news/yalteammovesup.htm) **Thursday 24 May 2012**

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

After a disappointing round one match, Cardiff took a much larger National Young Athletes' League team to Radley last Sunday, 20th May. On a cold and breezy but dry day, the team achieved a much improved third place out of six competing teams and, with only one round left this year, should be able to secure its place in this division for next season. Amongst some encouraging performances, double victories were won by Matteo Holmes (pictured at the Regional championships), Kate Seary, Lewis Brunt, Ryan James and Sam Wink.

A full bus of athletes and parents enjoyed the hospitality and competition with a number of outstanding performances in temperatures more like Autumn. Radley is a new venue to most of us and we were pleasantly surprised by the standard of facilities, with even a make shift revision room in the bar.

**The match result was:**  
  
1.  Swansea Harriers (808 points)  
2.  Cheltenham & County (743)  
3.  Cardiff AAC (676)  
4.  Radley AC (631)  
5.  Yate & District AC (588)  
6.  Bristol & West (451)

**Cardiff's event winners were:**

**Under 13 girls:**  Lauren Evans (70mH A);  Caitlin Exton (800m A);  Holly Ahmed (800m B);  Lucy Dennis (1200m A);  Amber Harding (1200m B).

**Under 13 boys:**  Sam Wink (100m A & 200m A);  James Vincent (800m A).

**Under 15 boys:**  Ryan James (100m A & 300m A);  Aled George (800m B);  Jake Heyward (1500m A);  Tom Trotman (high jump A);  Harry Hillman (high jump B);  4x100m relay.

**Under 17 girls:**  Kate Seary (800m A & 300m B);  Stephanie Lowe (800m B);  Olivia Evans (200m A);  Ellie Atkinson (1500m A);  Tasia Stevens (javelin A).

**Under 17 boys:**  Matteo Holmes (hammer A & discus A);  Lewis Brunt (3000m B & 1500m B);  Jacob Preece (800m A);  Nick Jones (800m B);  Dafydd George (300m A);  Ieuan Jones (1500m s/c B).

The next round is a home match in Cardiff on 17th June.

[**Welsh Championships Warning**](http://www.cardiffaac.org/news/welshchampionshipswarning.htm) **Tuesday 22 May 2012**

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

Entries for this year's championships have closed but, if athletes have not paid their Welsh registration fee and club subscription for this year, their entries will be refused. If you are in this situation it is essential that you pay your club subscription and registration fee immediately. Do not delay as the membership secretary will be away next week so monies need to be with her before the end of this week.

[**Ava in Irish Olympic team**](http://www.cardiffaac.org/news/avainirisholympicteam.htm) **Tuesday 22 May 2012**

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

Cardiff's Irish international Ava Hutchinson has been selected to compete in the marathon at the London Olympic Games. Her selection was announced yesterday by Athletics Ireland, along with two others, Linda Byrne and Caitriona Jennings. Her selection has to be endorsed by the Olympic Council of Ireland but this is expected to be a formality. Ava achieved the A standard qualification of 2:37:00 when she completed the Houston, Texas, marathon (only her second race over the distance) in 2:35:33 in January, finishing fourth in a high quality field. Congratulations to Ava and good luck in London.

[**Rhys wins at Loughborough**](http://www.cardiffaac.org/news/rhyswinsatloughborough.htm) **Monday 21 May 2012**

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

Cardiff's GB international Rhys Williams notched up a victory over one of his rivals for an Olympic team place by taking the 400m hurdles in the Loughborough international on Sunday 20th May. In windy conditions, Rhys was timed at 50.24, ahead of Nathan Woodward (50.44). Other Cardiff winners were Gareth Warburton (800m in 1:46.57) and Adam Bitchell in an outdoor personal best for the 3000m of 8:08.63. Mica Moore was second in the invitation 100m C race in 12.33.

Team captain Rhys Williams (coach: Dan Pfaff) spearheaded Team Wales’s performances at the Loughborough International by demolishing all opposition in the first track event of the match as he set a new season best in a time of 50.24s – beating rival Nathan Woodward in the process.  
   
After fighting the headwind in the home straight, Rhys commented that, “I don’t really care about the time, I wanted to get one over my rival and get this run out of my system. There is only one day I am focusing on and that’s the trials: I want to get in the Olympic team – as they say, you have to be in it to win it.”  
   
“I am pleased with the time, I ran 47 flat in my last race and I was looking to show improvement race by race” said Warburton after crossing the line in what was mostly a solo effort, such was the gap he inflicted to the rest of the field; “I need to get into better races, I aim to get half a second off in the next one and that’d mean I am moving in the right direction.”  
   
Bitchell’s effort was made even more impressive by the conditions he had to race in. “I raced last night in Manchester and didn’t make it to Loughborough until 11 last night, I was feeling terrible” the Cardiff athlete said, despite his sterling performance. “I let others do all the work at the start of the race and got an easy ride; I kicked in at the end and managed to get three seconds off my PB so I am really, really happy.”  
   
There was also a PB for Ieuan Thomas in the 3000m SC (9:11:02)

[**Olympic torch in Wales**](http://www.cardiffaac.org/news/olympictorchinwales.htm) **Monday 21 May 2012**

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

The Olympic torch relay will arrive in Wales on Friday of this week and four Cardiff AAC members will be helping it on its journey. Sprinter Melanie Stephenson (pictured in her torch tracksuit) will have to cover more than her preferred 200m when she runs the final leg of the day into Coopers Field. Before then, Caitlin Exton will have taken the torch through Newport. On Saturday, 26th May, founder member Ken Bennett will complete his leg through Swansea (where he now lives) and, finally, on Sunday, Cardigan born middle distance runner Mike Kallenberg will take the torch through Aberaeron.

Melanie was nominated for the relay by Diabetes UK Cymru as she has type 1 diabetes and is an ambassadress for the charity. She was diagnosed with the condition 11 years ago when she was 13 and says that her committment to athletics has been beneficial to managing her diabetes. She has represented the club and Wales on numerous occasions.

Melanie would be delighted if club members and friends came to see her leg of the relay on Friday and she will be running from Cowbridge Road East (near the junction with Cathedral Road) for about 300m to Coopers Field where she will light the Olympic cauldron. Her leg will start at about 7.10pm on Friday evening.

Melanie said, "I am so pleased to have been chosen as this is the most exciting thing in my life so far."

Caitlin will run a leg in Newport from Kingsway to Usk Way (A4042) at around 3.49pm on Friday and has been asked to give a live interview on BBC1 Wales at 6.50pm. She was nominated by her school Whitchurch High School who said that, "she is an excellent role model and demonstrates a real commitment to everything she does, always striving to perform to her full potential."

Ken Bennett joined Birchgrove Harriers as a teenager and developed into a good middle distance runner. He was involved in the amalgamation of Birchgrove and Roath Harriers to form Cardiff AAC and was the club's Secretary in the 1970s. After hanging up his spikes Ken has devoted his life to athletics as one of Wales' leading administrators and statisticians. He says that carrying the Olympic torch is the pinnacle of his athletics career.

Mike Kallenberg first became interested in athletics when he was 13 and joined his local club in Cardigan. Through sheer hard work and training, Mike steadily improved and has represented in the European World Mountain Running Championships, gaining a European bronze medal. He now runs for Cardiff and is an important member of the road running and middle distance squad.

[**Cardiff 14 in Wales team**](http://www.cardiffaac.org/news/cardiff14inwalesteam.htm) **Wednesday 16 May 2012**

[](http://www.cardiffaac.org/news/cardiff14inwalesteam.htm)

Fourteen Cardiff AAC athletes have been included in the Welsh team taking part in the Loughborough International on Sunday next 20th May. Loughborough is the first important international level meeting of the season and is a good indicator of early form in this Olympic year. Experienced GB internationals Gareth Warburton and Joe Thomas are included with Joe contesting the 1500m and Gareth the 800m. Club captain Rhys Knapman (pictured) is selected for the 200m. Phil Banning is the team leader and James Williams is team manager.

The selected Cardiff athletes are: Rhys Knapman (200m);  Gareth Warburton (800m); Joe Thomas (1500m);  Adam Bitchell (3000m); Ieuan Thomas (3000m steeplechase);  Tom Knight (4x100m);  Gareth Hopkins (4x100m);  Tom Miller (4x400m);  Emily Brown (3000m steeplechase);  Rhiannon Yates (Long Jump);  Imogen Miles (Triple Jump);  Mica Moore (4x100m);  Melanie Stephenson (4x100m);  Rhiannon Linnington-Payne (4x400m).

Adam Bitchell was a silver medallist at the recent British Universities championships.

[**139 medals at regional championships**](http://www.cardiffaac.org/news/cardiffs139medalsatregionalchampionships.htm) **Sunday 13 May 2012**

[](http://www.cardiffaac.org/news/cardiffs139medalsatregionalchampionships.htm)

The combined South and East Wales regional championships were held at the Cardiff International Sports Stadium yesterday, 12 May 2012. In almost perfect conditions (dry and sunny but with a capricious wind) Cardiff AAC athletes collected a total of 139 medals. Rhys Williams started the track events with an easy win in the 400m hurdles and fellow great Britain international Christian Malcolm, just returned from warm weather training in the United States, wanted to get the jet lag out of his legs with an equally easy win in the 200m.

Amongst numerous personal bests and other notable performances was a debut 400m in an excellent 48.90sec from club captain Rhys Knapman. Cardiff took all three medals in this event, with Tom Miller winning in 48.65 and Daniel Dell third in 50.22. With the possibility of Rhys Williams running a relay leg, the 400m is a strong event for Cardiff and the long standing club record of 3:10.90, set in 1973, could be in danger.

A good high jump competition saw Jonathan Bailey come back to form with an excellent clearance at a near personal best of 1.85m to win the under 20 event, followed by three narrow failures at a new pb height of 1.90m. Jonathan was challenged in the competition by 14 year old Tom Trotman who won his age group competition with 1.80m.

Clean sweeps were taken in the under 13 girls' 70mH (Lauren Evans, Amy Ahia & Amber Harding), under 13 girls' long jump (Catrin Lord, Amy Ahia & Amber Harding), under 15 boys' high jump (Tom Trotman, Ryan Grimwade & Harry Hillman), under 17 men's 800m (Jacob Preece, John Cove & Nicholas Jones), under 17 men's 3000m (James Hunt, Ciaran Lewis & Lewis Brunt), under 17 women's 800m (Georgina Morgan, Kate Seary & Ellie Atkinson), senior men's 400mH (Rhys Williams, Michael Haslett & Richard Chappell) and senior men's 400m (Tom Miller, Rhys Knapman & Daniel Dell).

**The full list of Cardiff medallists is as follows.** Those marked with an \* were competing in the East Wales championships. All the others were in the South Wales championships.

**Under 13 boys:  
Gold:**  Ben Paris (100m & long jump);  Samuel Wink (200m); James Vincent (1500m);  Deio Hughes (75mH & high jump);  Kieren Grimwade (shot put & javelin).  
**Silver:**  Samuel Wink (100m);  Meical Harding (high jump);  James Vincent (long jump).  
**Bronze:**  Meical Harding (discus).

**Under 13 girls:  
Gold:**  Lauren Evans (70mH);  Catrin Lord (long jump);  Erin Phillips (shot put);  Imani Afzed (discus & javelin).  
**Silver:**  Catrin Lord (100m);  Amy Ahia (200m, long jump & 75mH); Lauren Evans (high jump);  Imani Afzed (shot put).  
**Bronze:**  Catrin Lord (200m);  Caitlin Exton (1500m);  Amber Harding (70mH & long jump).

**Under 15 boys:**  
**Gold:**  Harry Hillman (100m & 80mH);  Ryan James (200m & 300m);  Jake Heyward (1500m);  Thomas Trotman (high jump & long jump);  Ryan Grimwade (hammer).  
**Silver:**    Iwan Williams (100m);  Rhys Gooch (1500m);  Ryan Grimwade (high jump & javelin).  
**Bronze:**  Harry Hillman (high jump).

**Under 15 girls:**  
**Gold:**  Bethan Register (200m & 300m);  Georgina Bradshaw (high jump).  
**Silver:**  Anna Roelvink (100m);  Emma Ligthart (1500m);  Niamh Galton (75mH & high jump).  
**Bronze:**  Rhiannan Long (300m);  Alice Broadley (1500m);  Sian Purcell (long jump).

**Under 17 boys:**  
**Gold:**  Jacob Preece (800m);  Jack Gooch (1500m);  James Hunt (3000m);  Ryan Cooper (400mH);  Dafydd Williams (long jump);  Matteo Holmes (discus & javelin);  Jac Palmer (hammer);  Decian Morris\* (800m).  
**Silver:**  James Barton (100m);  Ryan Cooper (400m);  John Cove (800m);  Ciaran Lewis (3000m);  Matteo Holmes (hammer).  
**Bronze:**  Nicholas Jones (800m);  Lewis Brunt (3000m).

**Under 17 girls:  
Gold:**  Olivia Evans (200m & pole vault);  Lara Durrani (300m & 300mH);  Georgia Morgan (800m);  Ellie Atkinson (1500m);  Alice Nottingham (triple jump);  Tasia Stephens (javelin);  Bethan Hill-Howells\* (long jump & triple jump).  
**Silver:**  Sophie Boyle (100m);  Kate Seary (800m);  Nia Ward (1500m);  Alice Nottingham (300mH);  Atlanta Taylor (high jump);  Holly Field (pole vault);  Olivia Evans (long jump).  
**Bronze:**  Megan Williams (200m & 300m);  Ellie Atkinson (800m).

**Under 20 men:**  
**Gold:**  Anaxa Da Silva (100m & 200m);  Elliot Slade (400m);  Mike Ward (1500m);  Jonathan Bailey (high jump);  David Callan (pole vault);  James McGuire (long jump);  Matthew Field (shot put & discus);  Bradley Cole (hammer & javelin);  Naaman Morris\* (800m).  
**Silver:**  Jamie Sexton (100m);  Elliot Slade (200m);  Samuel Longville (1500m);  Rory Heslop (3000m).

**Under 20 women:  
Gold:**  Jamie-Leigh Bowen (100m & 200m);  Lucy Daly (pole vault);  Marthienne Mimbango\* (100m & 200m);  Catrin Griffiths\* (400m).  
**Silver:**  Alison Singleton (100m);  Gwenllian Williams (200m);  Megan Thomas (400mH).  
**Bronze:**  Catrin Griffiths\* (800m).

**Senior men:**  
**Gold:**  Gareth Hopkins (100m & 200m);  Tom Miller (400m);  Rhys Williams (400mH);  Brian Dias (1500m, 3000m & 1000mW);  Christian Malcolm\* (200m);  Joe Maynard\* (400m);  Ashley Andrews\* (hammer).  
**Silver:**  James Griffiths (100m);  Daniel Dell (200m);  Rhys Knapman (400m);  Michael Haslett (400mH);  Jonathan Peters\* (800m).  
**Bronze:**  Daniel Dell (400m);  Richard Chappell (400mH).

**Senior women:  
Gold:** Emma Peters (100m & 200m);  Lauren Regan (800m);  Danielle Mill (400mH);  Imogen Miles (long jump & triple jump);  Alyson Hourihan (shot put, discus & javelin).  
**Silver:**  Elizabeth Davies (800m).

The full results for the South Wales Region can be viewed by clicking on [RESULTS](http://www.cardiffaac.org/files/South%20Reg%20Champs%202012.pdf).

A selection of photographs of Cardiff medallists can be seen in the gallery. Either go to GALLERIES or click [**CHAMPIONSHIPS GALLERY.**](http://www.cardiffaac.org/galleries/southwalesregionalchampionships2012/default.htm)

[**Championships deadline**](http://www.cardiffaac.org/news/welshchampionshipsdeadline.htm) **Friday 11 May 2012**

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

The deadline for entries to the Welsh Championships is next Thursday, 17th May so it is important not to miss this. The championships will be held over the three days Saturday to Monday, 2nd, 3rd and 4th June at the Cardiff International Sports Stadium. The annual championships should be in every Welsh athlete's competition schedule and is one of the highlights of the Welsh athletic calendar.

Full details of the event and how to enter can be found on the Welsh Athletics website. [**Click here for a direct link**](http://www.welshathletics.org/competitions/events/track--field/2012/06-jun/welsh-t--f-championships.aspx).

Don't be late.

And, good luck.

[**First round of YAL**](http://www.cardiffaac.org/news/firstroundofyoungathletesleague.htm) **Monday 7 May 2012**

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

After the attrocious weather of the previous weekend, it was a relief for the first round of the National Young Athletes League to be held yesterday in perfect, dry conditions. Cardiff's team travelled to Yate and, despite a serious lack of numbers, produced a string of excellent individual performances, including 25 first places and many who competed in unfamiliar events to help the team cause. Tom Trotman (pictured), with a 1.80m high jump and 5.77m long jump, and Lauren Evans, 70mH in 12.1, secured Grade 1 performances.

Unable to field competitors in numerous events, Cardiff finished fifth out of six teams.

It is understandable that athletes put upcoming school exams first but it is not easy to understand why so many athletes seem to want to train but not compete. With a full team, Cardiff's athletes could easily top this league. The next round is in Abingdon on 20th May so, come on Cardiff and show them how good we really are. Let the team managers know as soon as possible of your availability.

Typical of the great efforts made those those who went to Yate was a  24 second personal best in the under 15 girls' 1500M by Alice Broadley who came fourth in her race in 5:20.8, giving her all. Others of note were Lauren Evans (two firsts and a second), Ben Paris three firsts), Deio Hughes (three firsts), Ryan Grimwade and Ryan James (a first and a second) and Matteo Holmes (two firsts).

**Cardiff's winners were:**

**Under 13 Girls:** Lauren Evans (70mH A & 75m B);  Katie Long (800m A).

**Under 13 Boys:**  Ben Paris (75mH A, 100m A & shot put B);  Deio Hughes (75mH B, 200m B & high jump B);  James Vincent (800m A);  Sam Wink (100m B & 200m A);  Kieran Grimwade (long jump B).

**Under 15 Boys:** Alex Love (800m A & 300m B);  Adam Johansen (800m B);  Tom Trotman (high jump A & 100m B);  Ryan James (300m A);  Ryan Grimwade (high jump B).



**Alex Love                     Adam Johansen**

**Under 17 Girls;**   Ellie Atkinson (1500m A).

**Under 17 Boys:**  John Cove (1500m A);  Lewis Brunt (1500m B);  Matteo Holmes (Hammer A & Discus A).

**The overall team result was:**

**1.  Swansea H  (841 points)  
2.  Cheltenham & County  (777.5)  
3.  Yate & District  (617)  
4.  Radley AC  (597.5)  
5.  Cardiff AAC (520)  
6.  Bristol & West  (510)**

Many thanks to team managers Andrew Seary and Vince Jones and to Graham Webb and Roger Grindley for timekeeping and officiating. Also to parents who supported the team and helped out.

To view the (provisional) results click on [**RESULTS TRACK**](http://caac.einfinity.co.uk/files/YAL%20results%206%20May%202012%20track.pdf) or [**RESULTS FIELD**](http://www.cardiffaac.org/files/YAL%20results%206%20May%202012%20field.pdf)**.**

[**Cardiff four in UK top ten**](http://www.cardiffaac.org/news/cardifffourinuktopten.htm) **Wednesday 2 May 2012**

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

When it comes to hairstyles, Cardiff's men take some beating. UK Athletics held a fun poll of the most popular hairstyles and Cardiff athletes filled four of the top ten places. Taking pride of place was former World indoor 400m champion and world outdoor 4x400m gold medallist Jamie Baulch (pictured) who was famed for his dreadlocks. Also featured were Matt Elias, Joe Thomas and Christian Malcolm.

Matt was Britain's No.1 400m hurdler and a key member of the 4x400m relay team. Matt won numerous international championship medals including silver in both the 400m hurdles and the 4x400m relay at the 2000 Commonwealth Games in Manchester.



**Matt Elias**

Christian has been an ever present in the Great Britain team since winning gold medals in both the 100m and 200m at the World Junior Championships in 1998. He won the silver medal in the 200m at the 2010 European Championships and bronze in the same event at the 2010 Commonwealth Games.



**Christian Malcolm**

Joe Thomas is currently Britain's leading 800m runner. He was a finalist in the 800m at the 2010 Commonwelth Games and is looking to secure his place at this year's Olympic Games in London.

  
  
  
  
  
  
  
  
**Joe Thomas**

## [A summer sport?](http://www.cardiffaac.org/news/asummersport.htm) Sunday 29 April 2012

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

Track and field athletics is supposed to be a summer sport but you would not have believed it today as the heavens opened with near gale force winds. The club's National Junior League team, along with supporting parents, travelled to Derby for the first match of the season, only to be greeted upon arrival that the match had been cancelled because of the weather. The first round of the Welsh under 15 league was also due to be held in Aberdare today but, wisely, Welsh Athletics called this off yesterday in view of the weather forecast.

Although accepting the decision in good spirit, National Junior League team manager Debbie Bull was rightly critical of the organisers for leaving the decision so late. A wasted 7 hour round trip for Cardiff, not to mention the £700 coach hire cost, was bad enough but West Wales had an even longer abortive day.

Let's hope that the rest of the summer lives up to its name.

## [Sportshall final successes](http://www.cardiffaac.org/news/sportshallfinalsuccesses.htm) Friday 27 April 2012

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

At the Sportshall Athletics final, held in Birmingham last Sunday 21 April, a Cardiff & Vale under 15 boys' team that included five Cardiff AAC athletes out of seven, came third in the national championships. Cardiff's George Griffiths (pictured) came a fine second in the individual competition, missing the top spot by a mere two points, scoring 284 against the winner's 286. Supporting George were Cardiff's Tom Trotman (14th), Gavin Joseph (15th), Gage Francis (41st) and Ryan James (45th). There were 75 competititors in this age group final.

Non Cardiff AAC member of the team was Steve Mbanza.

The team results were:

1st:   North Yorkshire (1129 points)  
2nd:  Surrey (1120)  
3rd:   Cardiff & Vale (1114).

Claire Taylor also competed, in the individual under 15 girls' competition, and finished equal 19th.

Congratulations to all.

[**Ellie and Jake shine in London**](http://www.cardiffaac.org/news/ellieandjakeshineinlondon.htm) **Sunday 22 April 2012**

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

Cardiff athlete of the month for March, Ellie Atkinson, and Jake Heyward (pictured winning the Welsh cross country championship) produced excellent performances in today's London Mini Marathon, both finishing in eighth place in their respective age groups. In glorious London weather, the mini marathon was run over the final three miles of the Virgin London Marathon course, finishing through thousands of cheering spectators in front of Buckingham Palace in the Mall. Both Ellie and Jake were the first Welsh team members home with Ellie timed at 17:39 mins. in the under 15 girls' race and Jake at 16:43 in the under 13 boys' race. To underline the quality of these performances, there were 307 finishers in Ellie's race and 304 in Jake's.

Also performing well was Mike Ward who, in the first race of the day, finished a fine 19th (out of 293) in the under 17 boys' age group in a time of 15:11. Matthew Edwards was 24th, also excellent. Mike and Matthew were the first and second Welsh athletes to finish.

In the under 15 boy's race (312 finished), John Cove was an excellent 18th (second Welsh runner home) and Ciaran Lewis 51st.

Other Cardiff athletes who took part were Kate Seary (56th in the under 15 girls' race), Rebecca Evans (40th in the under 17 girls' race) and Seren Allin (66th in the under 13 girls' race).

In the Virgin London Marathon, Cardiff's Nat Lane finished in 286th place and former Cardiff stalwart Richie Gardiner finished in a fine 35th place. Alex Hains, struggling with a back injury, was forced to pull out after 19 miles.

## [Cardiff at the Marathon](http://www.cardiffaac.org/news/cardiffatthelondonmarathon.htm) Thursday 19 April 2012

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

Cardiff will be strongly represented in the Mini Marathon on Sunday next, 22nd April, with nine club members amongst the 36 selected for the Welsh Schools. And, in the men's race, Cardiff's Alex Hains (pictured) will be looking to make an impact in his second full marathon, having made his first excursion over the distance in Houston in January when he ran in support of his girlfriend Ava Hutchinson's successful attempt to gain the Olympic qualifying time. Alex is stepping up to the Marathon where he now sees his future in the sport.

He has enjoyed a recent improvement in form which sees him in pb shape at the moment. Hains ran 64:30 at the Marakech Half Marathon in February which is the fastest time by a Welshman for about ten years and indicates that Alex can realistically hope to similarly run the best time by a Welsh athlete in the marathon for some time.   
  
The Mini Marathon is run over the last three miles of the actual marathon course and athletes will be competing for Welsh Schools against teams from Scotland and Northern Ireland, as well as nine English Regional teams and thirty three London Borough teams. Cardiff's athletes who are competing are;  
  
U17 Men - Michael Ward, Matthew Edwards  
U15 Boys - John Cove, Ciaran Lewis  
U13 Boys - Jake Heyward  
  
U17 Women - Rebecca Evans  
U15 Girls - Ellie Atkinson, Kate Seary  
U13 Girls - Seren Allin

Welsh Schools chairman Kath Elias wishes all thirty six "Good Luck" She added that "This will be a really tough challenge.  I very much hope that you will enjoy the experience and that it will encourage you train harder and improve your performances in the years ahead."  
  
Look out for them on the TV!

A video of Alex’s preparations for the London Marathon can be found at [**http://www.laneone.org/**](http://www.laneone.org/) .

## [Meet the Olympic mascots](http://www.cardiffaac.org/news/meettheolympicmascots.htm) Tuesday 17 April 2012

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

If you are 15 or younger and would like to experience some of the London Olympics feeling, contact club secretary Tracy Allen (07810 553 726) as soon as possible. On Saturday morning next, 21st April, Olympic decathlete Dean Macey, along with Olympic mascots Wenlock and Mandeville, will be at McDonald's, Queen Street at 10.30 and want to meet athletes from Cardiff AAC. There will be games, prizes and photo opportunities. If you are interested, let Tracy know as numbers are limited. You will need to wear your Cardiff AAC kit and track suit.

McDonald's is one of the Olympic sponsors and will make a donation to Cardiff AAC's funds.

Don't delay - phone Tracy.

## [CALLING ALL JUNIORS](http://www.cardiffaac.org/news/callingalljuniors.htm) Wednesday 11 April 2012

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

The track and field season is nearly here and athletes are planning their competitions. The club's team managers need to know which athletes will be available for which competitions so, if you have not already done so, could you please send details of your availability to Andrew Seary at andrew.seary@ntlworld.com? Also please note that the deadline for entering the South and East Wales Regional Championships is 27th April.

## [Cardiff road team dominates](http://www.cardiffaac.org/news/cardiffroadteamdominates.htm) Tuesday 10 April 2012

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

Cardiff's men's team dominated the Richard Burton Heritage Run 10k held at Cwmafon on Sunday last 8th April. Cardiff athletes filled second, third, fourth, fith and seventh places to easily win the men's team race. Adam Bitchell (31.10 - pictured) was the first Cardiff man home, having to concede first place to Swansea's race winner Dewi Griffiths. Ieuan Thomas (31.25) was third, Michael Kershaw (32.23) fourth, Michael Kallenberg (32.27) fifth and James Thie (32.55) seventh.

The race was the seventh in the Run Wales series and James Thie's performance kept him at the top of the rankings.

In the women's race, Gwenno Brown (36.28) was third lady to finish, coming 24th in the combined race.

## [Funding for Tracey & Matthew](http://www.cardiffaac.org/news/traceyandmatthewwinfunding.htm) Friday 6 April 2012

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

Cardiff's Tracey Hinton and Matthew Field have received cash help from the Lloyds TSB Local Heroes initiative. Tracey has already taken part in no less than five Paralympic Games and has won six medals. Her first Paralympics was in Barcelona in 1992 and she is looking to crown her distinguished career with a sixth appearance in London. Interviewed at the launch of the scheme in London, Tracey said, "It is really good to be on the scheme. The money will definitely help me in what is a really important year with things like warm weather training.

"I am heading out to Majorca for two weeks in April, so it will help. Everything is going well for London 2012; last summer I got the A standard to qualify but I need to do it again this year.

"My first race is at the end of April and, once that is out of the way, I will be happy and the nerves will go."

Also winning funding was Cardiff's outstanding young shot putter Matthew Field. Matthew, who turns 17 later this month, was ranked No. 1 in the UK in 2011 in the under 17 shot put, as well as ranking third in the discus. He is the Welsh Record holder in his age group and is one of the country's most promising young throwers.



**Matthew Field**

## [Olympic first for Cardiff athlete](http://www.cardiffaac.org/news/olympicfirstforcardiffathlete.htm) Tuesday 3 April 2012

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

Cardiff AAC athlete Tommy Davies can claim the distinction of being the first runner to cross the finish line in London's Olympic Stadium. Tommy (26 and living in Loughborough) was one of the successful 5000 runners picked from 43,000 entrants to take part in the National Lottery sponsored Olympic Parkrun over five miles on Saturday last 31st March. His time of time of 25 minutes and 11 seconds was faster than the current Olympic record of 25:11.2 set by Emil Voigt at the 1908 Olympics in London; which was the last time the distance of five miles was run at the Olympic Games.

Interviewed after the finish, Tommy said: “It was fantastic. I am so overwhelmed by all this attention. It’s such a great opportunity to have been able to take part. The Park looks fantastic and I'll feel great watching the Games knowing I’ve crossed that line first today.”

Tommy is expected to be part of the Cardiff team to contest the national 12 stage road relay championship in Birmingham on 14th April.

## [Good run from Ellie](http://www.cardiffaac.org/news/goodrunfromellie.htm) Monday 2 April 2012

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

Cardiff's Ellie Atkinson (pictured in this year's Welsh cross country championships) produced the run of her life to take 6th place in the intermediate girls' race at the Schools cross country international held in Strathallan, Scotland on Saturday last, 31st March. Rebecca Evans, team captain, 17th and Kate Seary, 19th, helped Wales to second place behind the powerful English team, the best Welsh team showing of the day.

Cardiff provided ten members of the Welsh team and the remaining results were:

**Intermediate Boys:**  John Cove (24th), James Hunt (25th) and Jack Gooch (31st).

**Junior Boys:**  Rhys Gooch (23rd), Jake Heyward (24th).

**Junior Girls:**  Seren Allin (21st),  Rosa Yates (31st).

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/SIABXC2012.pdf)



## [MEETING CANCELLED](http://www.cardiffaac.org/news/openmeetingcancelled.htm) Wednesday 28 March 2012

The open meeting scheduled for Cardiff on 18th April has been cancelled owing to a shortage of officials and a clash with an open meeting in Swansea on the same day. Cardiff AAC apologises for any disappointment caused.

## [New photographs](http://www.cardiffaac.org/news/newphotographs.htm) Tuesday 27 March 2012

A selection of photographs taken at the 2012 Welsh Cross Country Championships, held at St Fagans, Cardiff on 18th February can now be seen in the GALLERIES section.

## [Road Relay Successes](http://www.cardiffaac.org/news/roadrelaysuccesses.htm) Monday 26 March 2012

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

The Welsh Road Relay championships were held yesterday at the Llandow Motor Circuit in pleasantly sunny but windy conditions and Cardiff AAC athletes produced many excellent results, winning medals in every age group except under 13 boys and masters. Cardiff AAC has strength in depth in the under 15 boys age group and fielded 16 runners in this race. The team competition produced a fine set of performances with the club taking gold and bronze medals. Pictured receiving their medals are the winning ‘A’ team which consisted of Ciaran Lewis, Rhys Gooch and John Cove and the third placed ‘B’ team which was made up of Lewis Brunt, Kieran Harris and Nicholas Jones. Cardiff's E team finished fifth, the D team sixth and the C team eighth.

The Under 11 girls race was won by Sofia Vella, closely followed by Alisha Hayes in second place  and Jeri-Lynne Grabham in fourth. These excellent individual performances led to Cardiff AAC winning the Under 11 girls title.

Cardiff AAC failed to complete a team in the Under 13 boys race but the two athletes that did run were Aeron Evans and Ieuan Jones. They both produced excellent performances with  Aeron taking the gold medal for the fastest leg of the day in the Under 13 boys with a time of 7 minutes 7 seconds.

The Under 13 girls team of Amber Harding, Emily Griffin, Emma Ligthart and Katie Long worked hard in the heat and  finished in second place to take home the silver medal.

The Under 15 girls team matched the Under 13 girls team with another silver medal winning performance from Kate Seary, Erin Hayes, Rosie-May Thompson and Steph Lowe.

The Under 17 men managed to field two teams and the ‘A’ team made up of Jacob Preece, Rory Heslop and Michael Ward  managed to finish in third place, with Michael Ward producing the leg of the day  to take the gold medal for fastest leg in a time of  8minutes 24 seconds.

The Under 17 women also matched the success of the other girls team by winning silver in their race. The silver medal winning team consisted of Francesca Morris, Clare Harwood and Rebecca Evans.

To crown the day, the senior men's team (Mike Kershaw, Adam Bitchell, James Thie and Ieuan Thomas) took the gold medal, with Ieuan Thomas running the fastes leg, in 16.46m, and the senior women's team (Charlotte Arter, Debbie Rees, Bethan Strange and Rachel Baker) took silver.

Well done to everyone that made the effort to come and run as part of a Cardiff AAC team, you contributed to some fantastic team performances today.

Thanks also to Graham Finlayson for letting us borrow a tent  - and for putting it up and taking it down!”

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Road%20Relays%202012%20results.pdf)

## [Ten Cardiff athletes in team](http://www.cardiffaac.org/news/ninecardiffathletesinschoolsteam.htm) Saturday 24 March 2012

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

Ten Cardiff AAC athletes, including two as team captains, have been selected for the Welsh Schools' team that will contest the schools international (SIAB) match in Strathallan, Perth, Scotland on 31 March. Jack Gooch (pictured) will captain the middle boys' team and is joined by John Cove and James Hunt. The junior boys' team includes Jake Heyward and Rhys Gooch. Captain of the middle girls' team is Rebecca Evans and she is joined by Ellie Atkinson and Kate Seary. The junior girls' team includes Seren Allin and Rosa Yates.



**Rebecca Evans**

Congratulations and good luck to all.

## [STADIUM CLOSURE](http://www.cardiffaac.org/news/stadiumclosure.htm) Friday 23 March 2012

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

The track and field facilities at Cardiff International Sports Stadium will be closed for essential maintenance on 3rd, 4th, 5th and 6th April and will re-open on 7th. The principal work to be carried out will be cleaning the track surfaces and repainting the lane markings.

## [Carrying the torch for London](http://www.cardiffaac.org/news/carryingthetorchforlondon.htm) Tuesday 20 March 2012

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

Yesterday the names of the torch carriers for the London 2012 Olympic Games Torch Relay were announced. Amongst the names were those of Cardiff AAC athletes Caitlin Exton (12), Melanie Stephenson and Mike Kallenberg. Caitlin was nominated by her school Whitchurch HS and Melanie (pictured) by Diabetes UK Cymru. Mike will be carrying the torch through Aberaeron. Also included was one of Cardiff AAC's founder members, Ken Bennett, a leading Welsh official who is now based in Swansea.

Congratulations to all three.



Caitlin Exton, who will be running in Newport.

If any other member has been chosen , please let us know.

## [10k win for James Thie](http://www.cardiffaac.org/news/10kwinforjamesthie.htm) Monday 19 March 2012

[](http://www.cardiffaac.org/news/10kwinforjamesthie.htm)

Former Cardiff club captain and Great Britain international James Thie was the winner of the Atlantic College 10k race held yesterday, Sunday 18th March. James' time was 32.33m. The popular race is held at the St Donat's international college near Llantwit Major. Fourth in the race was Mathew Drury and 63rd was Brian Dias.

[**Fast 10k for Cardiff duo**](http://www.cardiffaac.org/news/fast10kforcardiffduo.htm) **Tuesday 13 March 2012**

[](http://www.cardiffaac.org/news/fast10kforcardiffduo.htm)

The Trafford 10k, held last Sunday 11th March, saw Cardiff AAC athletes take second and third places, both breaking the hallmark time of 30m and setting personal bests in the process. Joe MacDonald, who has recently joined Cardiff, placed second in a time of 29.08m, followed closely by Alex Hains (pictured) in 29.34m. Both athletes improved their personal best times by the best part of a minute. Joe's time puts him in 3rd place on the 2012 UK rankings for 10k and would have placed him 6th for the whole of 2011. Alex's time puts him in 5th place for 2012.

Joe and Alex are both based in Loughborough and train together. They should be valuable members of what is expected to be a strong Cardiff team to challenge for honours at the national 12 stage road relay championship to be held in Birmingham on 14th April.

## [NOTICE TO TRACK RATS](http://www.cardiffaac.org/news/noticetotrackrats.htm) Friday 9 March 2012

NOTICE TO TRACK RATS Please note that there is NOT an open meeting next Wednesday, 14th March. Please contact Ian Dwight for further information. Sorry for the confusion.

## [Deadline for Road Relays](http://www.cardiffaac.org/news/deadlineforroadrelays.htm) Friday 9 March 2012

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

The Welsh Road Relay Championships will be held at Llandow on Sunday 25th March and the closing date for entries is next Wednesday, 14th March. The club's senior men's team should be strong and bidding for victory and the junior teams will also be expected to do well. Those wishing to be selected for the junior teams MUST contact the team managers straight away.

For boys and men up to U20, the team manager is Kay Chapman (07749 716151) and for girls and women up to 20 the team manager is Ceri Morris (07817 275633 – text only).

The race timetable is as follows:

12:30pm: Race 1 – U11 Boys / Primary Schools  
12.45pm: Race 2 – U11 Girls / Primary Schools  
1.00pm: Race 3 – U13 Boys, U13 Girls and U15 Girls  
1.30pm: Race 4 – U15 Boys, U17 Men and U17 Women  
2.00pm: Race 5 – Senior Men & Women, Masters Men & Women

For further details and a map of the course click on [**ROAD RELAYS**](http://www.cardiffaac.org/files/Welsh%20road%20relays%20-%20llandow%20-%20sunday%2025%20march%202012%20-%20map%20%20details%20v1%20(2).pdf).

## [10 Cardiff athletes in team](http://www.cardiffaac.org/news/10cardiffathletesinschoolsteam.htm) Wednesday 7 March 2012

[](http://www.cardiffaac.org/news/10cardiffathletesinschoolsteam.htm)

Welsh Schools Athletic Association has announced its team that will take part in the UK Schools Games at the London Olympic Stadium on 9th May. Ten Cardiff AAC athletes are in the team, including George Griffiths (pictured) who was the overall winner at the Welsh Sportshall Athletics final on Sunday last. The UK Schools Games will be one of the official test events for the London Olympic Games and these young athletes will be among the first to experience the Olympic facilities.

Those in the Welsh team are:  
  
**Boys:**Jacob Preece (800m, 4x400m)   
Ryan Cooper ( 400m hurdles)   
Jac Palmer (Hammer)   
George Griffiths (4x100m)   
Matteo Holmes (Reserve)

**Girls:**  
Rebecca Evans (3k)   
Olivia Evans (PV)   
Bethan Hill-Howells (TJ)   
Lara Durrani (4x300m)   
Kate Seary (Reserve)

[**Double win for Ieuan**](http://www.cardiffaac.org/news/doublewinforieuan.htm) **Tuesday 6 March 2012**

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

Cardiff's Ieuan Thomas (pictured) took both the senior and under 23 titles in the Welsh 5k road championship held in Bute Park, Cardiff, last Sunday 4th March. Lying second approaching the finish line, Ieuan produced a storming finish to overtake leader Marc Hobbs for a clear win. Cardiff's James Thie was third in the senior race and Adam Bitchell finished fourth but took the under 23 silver medal. Rebecca Evans won the under 17 women's gold medal. Paul Bevan took second place in the VM50 category and Catherine Hayes matched this in the VW40 age group

James Thie's bronze medal place followed his gold medal performance in the 1500m at the British Universities indoor championships held in Sheffield on 25/26 February. At the same championships, Charlotte Arter won gold in the women's 1500m and Zara George won the women's 60m.

[Gwent League Trophy](http://www.cardiffaac.org/news/gwentleaguetriumphs.htm) Saturday 3 March 2012

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

The final Gwent League fixture was held today at Blaise Castle, Bristol in ideal conditions. The under 11s suffered from a sudden, but thankfully brief, downpour but the remaining races were held under blue skies and a cold wind. Conditions underfoot were excellent. Cardiff's younger athletes had a highly successful afternoon with Jake Heyward (pictured receiving his championship medal) completing his clean sweep of winning all five fixtures. Lucy Dennis won today and was the overall champion of the under 11 girls age group and John Cove won the under 15 boys'race to clinch the overall title. Jack Gooch took the under 17 title, finishing second today.

Others who distinguished themselves were Ciaran Lewis who was second behind John Cove in the overall classification of the under 15 boys and Sofia Vella who finished second overall in the under 11 girls' classification.

Overall team championships went to Cardiff's under 11 girls,under 15 boys, under 17 boys and under 20 women. Third places went to the under 13 girls, under 15 boys, under 15 girls and senior women.

To crown a successful day, Cardiff has been awarded the George Crump "Dragon" trophy as the most successful Junior Club of the Gwent League. This trophy is based on the overall results in the under 11, 13 and 15 age groups. Well done to them.

Overall, Cardiff AAC has had a very successful Gwent League season. Congratulations to all the athletes who have competed and thanks to the team managers who make it possible.

A link to the official results will be provided as soon as they are available.

## [Final Gwent League](http://www.cardiffaac.org/news/finalgwentleague.htm) Thursday 1 March 2012

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

The final round of the 2011-12 Gwent Cross Country League will take place on Saturday next, 3rd March, at Blaise Castle, Bristol. Cardiff runners are currently leading the under 15 and under 17 boys' team competitions and the under 20 women's while star under 13 Jake Heyward will be looking to make it a clean sweep of winning all five races.

The club's novice girls' team is lying second while the under 13 and under 15 girls are third. The senior men's team is also lying third.

The first race of the day is the under 11 boys at 11.50 and the day concludes with the under 15 girls at 2.25pm. The full timetable as well as a map of the course can be found by clicking on [**INFORMATION**](http://www.cardiffaac.org/files/XC%20Blaise%20Castle%20course%202012.pdf).

For additional details, including directions to Blaise Castle, parking, etc. go to [**BLAISE CASTLE**](http://gwent-league.org.uk/2011/fix115.htm).

## [We are the champions](http://www.cardiffaac.org/news/wearethechampions.htm) Saturday 18 February 2012

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

Cardiff athletes had plenty to celebrate at the Welsh Cross Country Championships held at St Fagans, Cardiff today, with four team championships and four individual titles. Jake Heyward (pictured) continued his domination of the under 13 boys' age group with a convincing win by 22 seconds from the second placer. Rebecca Evans took the under 17 women's title, Gwenno Brown the under 23 women's and Jorge Thomas was the first senior man home but had to be content with the silver medal as Dewi Griffiths (under 23) was actually the first in the combined race. Meanwhile, in Birmingham, Joe Thomas smashed his indoor personal best once again to take fourth place in a world class international 800m race and move to seventh in the latest world rankings with 1:46.35, a new Welsh record.

The conditions at St Fagans were difficult with a wet and muddy course and a blustery wind but Cardiff took team titles in the under 13 boys, under 15 girls, under 15 boys and under 17 men. Team silver medals went to the under 13 girls and under 15 girls and a bronze medal went to the under 15 boys.

**The winning team members were as follows:**

**Under 13 Boys (Gold):**  Jake Heyward (1st);  Aeron Evans (6th);  Evan Williams (9th);  Joseph Adler (15th).

**Under 13 Girls (Silver):**  Seren Allin (2nd);  Emma Ligthart (16th);  Emily Griffin (18th);  Amber Harding (19th).

**Under 15 Girls (Gold):**  Ellie Atkinson (2nd);  Rosa Yates (7th);  Betsan Jenkins (9th);  Megan Tatnell (10th).  
**Under 15 Girls (Silver):**  Kate Seary (13th);  Alice Broadley (14th);  Erin Hayes (15th);  Kate Coker (17th).

**Under 15 Boys (Gold):**  Ciaran Lewis (4th);  John Cove (5th);  Rhys Gooch (11th);  Keieran Harris (20th).  
**Under 15 Boys (Bronze):**  Lewis Brunt (21st);  Nicholas Jones (22nd);  Sam Curwen (27th);  Jack Eggington (29th).

**Under 17 Men (Gold):**  Mike Ward (3rd);  Jack Gooch (6th);  James Hunt (7th);  Elliot Slade (8th).

Congratulations to all and thanks go to Paul Darney, John Penny and Tracy Allen for stuggling with the club tent

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20XC%20CH%202012.pdf)

## [Cross Country reaches peak](http://www.cardiffaac.org/news/crosscountryreachespeak.htm) Friday 17 February 2012

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

With the Welsh Cross Country Championships taking place in Cardiff tomorrow, Saturday 18th February, there were some encouraging performances at the fourth Gwent League fixture of the season, held at Brecon last Saturday 11th February. Pride of place went to Cardiff's former club captain Debbie Rees (apologies for the quality of the picture) whose convincing win in the senior women's race underlined her good form. Jake Heyward (under 13 boys) continued his winning streak and John Cove and Ciaran Lewis were first and second in the under 15 boys' race.

The under 15 boys' team leads this age group.

In the senior men's race James Mills came in second, closely followed by Nat Lane in third. The senior men's team placed fourth on the day and lie in third place overall.

In the under 15 girls' race, Megan Tatnell placed fifth.

To view the full results click on [**RESULTS.**](http://gwent-league.org.uk/2011/res114.htm)

The final Gwent League will take place on 3rd March at Blaise Castle, Bristol.

## [Turkish Delight for Joe](http://www.cardiffaac.org/news/turkishdelightforjoe.htm) Sunday 12 February 2012

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

At the UK Indoor Championships and World Championship Trials, held in Sheffield today, 12th February, Cardiff's Joe Thomas dominated the men's 800m to win in another indoor personal best time of 1:47.26; which is also a stadium record. Joe led from the gun and, at the bell, accelerated away from the field to win by 25 or more metres and thus confirmed his place in the British team for the World Indoor Chamnpionships to be held in Istanbul, Turkey, in March. Joe's time places him equal 9th on the latest world rankings and his run of superb form indicates a lot more to come.

Also at the championships, Cardiff's Charlotte Arter (20) ran a controlled and well judged race to take the silver medal in the women's 1500m final. Bethan Strange placed 7th in the same race

Experienced sprinter Christian Malcolm just missed out on another medal to add to his collection, coming fourth in the men's 60m final which was won by Dwain Chambers.

## [More Cardiff medals](http://www.cardiffaac.org/news/morecardiffmedals.htm) Wednesday 8 February 2012

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

At the second phase of Welsh Indoor Championships held at NIAC, Cardiff, last Sunday, 5th February, Cardiff athletes collected a further 23 medals. Gold medals went to Elliot Slade (pictured) who had a convincing win in the under 20 men's 1500m, Jamaul Whyte (U20 200m), Lewis Newton (U20 Pole Vault), Matthew Field (U20 Shot Put), Megan O'Sullivan (U20 women's Triple Jump). Olivia Evans won the U17 women's Pole Vault with a personal best of 3.11m.

**The full list of medallists is as follows:**

**Under 17 Men:**  George Griffiths (60m silver & Long Jump bronze);  Jacob Preece (400m silver);  Ryan Cooper (400m bronze);  Declan Morris (1500m bronze).

**Under 17 Women:**  Olivia Evans (Pole Vault gold);  Lara Durrani (300m bronze);  Rebecca Evans (1500m bronze);  Laura Trigg (High Jump bronze);  Alice Nottingham (Triple Jump bronze).

**Under 20 Men:**  Elliot Slade (1500m gold);  Jamaul Whyte (200m gold);  Lewis Newton (Pole Vault gold);  Matthew Field (Shot Put gold);  Sam Gordon (60m silver);  Anax Da Silva (200m silver & 60m bronze);  Jonathan Hobbs (400m silver);  Tyrone Blake (60mH silver);  Naaman Morris (1500m bronze).

**Under 20 Women:**  Megan O'Sullivan (Triple Jump gold);  Jamie Leigh-Bowen (200m silver);  Lucy Daly (Pole Vault bronze).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20Indoor%20Champs%202012%20U17%20U20.pdf)

[**Happy Birthday Paul**](http://www.cardiffaac.org/news/happybirthdaypaul.htm) **Tuesday 7 February 2012**

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

It's hard to believe but Paul Darney celebrated his 70th (yes, 70th) birthday yesterday, 6th February. Lauren Regan had organised a cake and gift and Paul was caught by surprise with a burst of "Happy Birthday" when he returned to the club room after a coaching session. Paul has been ever present as an athlete and coach since he joined Birchgrove Harriers as a young boy.

As an athlete he developed into one of Wales' best middle distance runners and was Welsh 3 miles champion in 1967 and 1968 as well as 6 miles champion in 1966, 1967 and 1968. He was a very good cross country runner and represented Wales on the track and country on many occasions.



This is a photograph of the 1968 Welsh 3 miles championship held at a rainsoaked  Maindy Stadium. Leading (21) is former club President Jeff Kirby, followed by winner Paul Darney (9) and, just behind Paul, former club president Clive Williams who supplied the photograph.

Welsh track championships adopted the metric distances in 1969 so Paul is technically still Welsh Champion at 3 and 6 miles.

Paul has never stopped running and still goes out regularly but, after finishing his competitive career, took up coaching and graduated to become a respected level 4 middle distance coach. He has coached numerous fine athletes and perhaps his proudest moment was to see two of his athletes, Christian Stephenson and Andres Jones, both wearing the Great Britain vest at the Sydney Olympic Games in 2000.

After Birchgrove Harriers merged with Roath Harriers to form Cardiff AAC in 1968, Paul was an important member of the club's successful British League team. He has been one of the club's most loyal and staunch members since he joined and was honoured to be elected President for the two years 1990-91 and 1991-92. He was elected for a second two year term as President for 2007-8 and 2008-09 and was elected as the current Chairman at the 2011 AGM.

Congratulations Paul and thank you for all you have done for the club and athletics. But you're not finished yet.

## [Cross Country Runners](http://www.cardiffaac.org/news/callingcrosscountryrunners.htm) Thursday 2 February 2012

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

The fourth round of the 2011-12 Gwent League will be held in Brecon on Saturday, 11th February and the Welsh Championships will be held in Cardiff a week later on Saturday 18th. If you are intending to run in either (or, hopefully, both) of these fixtures you should let one of the team managers know as soon as possible.

There is a deadline for the championships and entries have to be sent to Welsh Athletics by February 8th (next Tuesday) otherwise you cannot run.

Please contact your team manager straight away with the following information:

Name  
Date of Birth  
Welsh Athletics registration number  
Welsh qualification i.e. Birth/Parents/Residence

Please let us know so we can add you to the entry list  and complete the paperwork and arrange payment to Welsh Athletics.

Boys up to U20: Kay Chapman (mobile: 07749 716151)  
Girls up to U20: Ceri Morris (mobile: 07817 275633 - text only please)

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

For further information, including the timetable and a map of the course click on [**CROSS COUNTRY CHAMPIONSHIPS**](http://www.cardiffaac.org/fixturearchive/fixtures2012/roadandcrosscountryevents/fixture.aspx?id=472)**.**

For further information, including the timetable and a map of the course for the Gwent League, click on [**BRECON GWENT LEAGUE.**](http://caac.einfinity.co.uk/fixturearchive/fixtures2012/roadandcrosscountryevents/fixture.aspx?id=460)

[**Joe is quicker in Vienna**](http://www.cardiffaac.org/news/joeisquickerinvienna.htm) **Wednesday 1 February 2012**

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

Joe Thomas maintained his good form and improved his indoor 800m time again with 1:47.28 in the Vienna Indoor Classic last night. Joe won his race comfortably but, competing in a separate race at the same venue, Austrian Andreas Rapatz was slightly faster with 1:47.24. Rapatz' time took him to fourth spot on the latest world indoor rankings with Joe now in fifth. Also in Vienna were Cardiff's promising 17 year old sprinter Sam Gordon (pictured), Elliot Slade and Zara George. Sam made it through to the final of the 60m where he recorded a personal best time of 7.01 sec. Elliot and Zara also set personal best indoor times of 1:52.96 (800m) and 24.83 (200m) respectively.

## [Breakthrough for Alex](http://www.cardiffaac.org/news/breakthroughforalex.htm) Tuesday 31 January 2012

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

Cardiff's Alex Hains ran the fastest time by a Welshman for many years in the Marrakech half Marathon on Sunday last, 29th January. His time of 64:30 takes him to the top spot in the 2012 UK rankings would have placed him 7th in 2011. The Marrakech Half is known for its high standard on a flat and fast course around Morocco's second city. Alex was a member of a Wales teams sent to give athletes experience of running against the highest standard of competition on a different continent.

Alex led a Welsh trio home in ninth place, finishing strongly in warm and dry conditions. The Loughborough based athlete hoped that a good performance here would help his preparations for the London Marathon in April and was pleased with how the race went.   
  
His performance comes only two weeks after his marathon debut in Houston where he helped partner Ava Hutchinson to an Olympic qualifying time.

## [World class run from Joe](http://www.cardiffaac.org/news/worldclassrunfromjoe.htm) Saturday 28 January 2012

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

Cardiff's Joe Thomas produced his best ever indoor performance to win the 800m at today's international match at the Kelvin Hall, Glasgow. Running in the Great Britain vest, Joe took maximum points for his team with a time of 1:47.35, the second fastest time in the world so far this year. BBC commentator Steve Cram described Joe's run as a quality performance. Interviewed after the race, Joe was delighted with his performance, following his 1:47.82 in the Welsh Indoor Championships the week before.

He said  "I felt really good and decided to go from the bell. It is a great confidence booster before the World Indoor Championships and I am using the indoor season to provide a strong base for the outdoor Olympic season".

Joe, coached by Arwyn Davies, is obviously benefiting from his winter preparation and is looking a much improved runner. This augurs well for a successful outdoor campaign.

## [Cardiff athletes in Wales team](http://www.cardiffaac.org/news/cardiffathletesinwalesteam.htm) Thursday 26 January 2012

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

Cardiff is well represented in the Welsh teams to compete in the Celtic Indoor Cup, taking place at NIAC, Cardiff, Next Sunday, 29th January. Lewis Newton (pole vault), Oliver Jefferies (60m hurdles), Debbie Rees (3,000m), Imogen Miles (triple jump), Gareth Warburton & Melanie Stephenson (mixed relay) are in the senior team whilst Michael Prentice (200m & mixed relay), Elliott Slade (800m), Matthew Field (shot put) and Megan O'Sullivan (long jump) represent the under 20 team. Jamaul Whyte is selected in the U20 Select mixed relay. In addition to the eleven athletes, Debbie Bull and Alyson Hourihan are the team managers.

The match events start at 11.45am and conclude with the presentations at 3.30pm.

[27 more medals on day 2](http://www.cardiffaac.org/news/27moremedalsonday2.htm) Monday 23 January 2012

[](http://www.cardiffaac.org/news/27moremedalsonday2.htm)

Cardiff's medal collection was swelled on the second day of the Welsh Indoor Championsahips at NIAC with a further 27 going to Cardiff members. Joe Thomas duly won the final of the senior men's 800m whilst 13 year old Harry Hillman (pictured) added to the two medals from day one with a further two today. Charlotte Arter won the senior women's 1500m to add to her 800m title; Michael Prentice took the senior men's 200m title and Francis Baker won both the senior men's 60m hurdles and long jump.

Othe winners were Lucy Maton (under 15 girls' high jump), Imogen Miles (senior women's triple jump), Samuel Wink (under 13 boys' 200m) and Lewis Newton (senior men's pole vault). Tom Trotman returned from his high jump victory on day one to take the under 15 boys' long jump title as well.

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

**Under 13 Girls:**  Catrin Lord (200m silver); Caitlin Exton (1500m silver);  Katie Long (1500m bronze).

**Under 13 Boys:**  Samuel Wink (200m gold);  James Vincent (long jump silver & 1500m bronze);  Deio Hughes (60m hurdles bronze);  Thomas Atkinson (long jump bronze).

**Under 15 Girls:**  Lucy Maton (high jump gold);  Bethan Register (200m silver).

**Under 15 Boys:**  Harry Hillman (60m hurdles gold & long jump bronze);  Tom Trotman (long jump gold); Ryan James (200m bronze).

**Senior Women:**  Charlotte Arter (1500m gold);  Imogen Miles (triple jump gold); Melanie Stephenson (200m silver);  Rachel Baker (1500m bronze);  Megan O'Sullivan (triple jump bronze).

**Senior Men:**  Michael Prentice (200m gold);  Joe Thomas (800m gold);  Francis Baker (60m hurdles gold & long jump gold);  Lewis Newton (pole vault gold);  David Callan (pole vault silver);  Tyrone Blake (60m hurdles bronze);  Adam Williams (long jump bronze).

The combined results for both days may be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20Ind%20Ch%202012%20results.pdf)

## [Welsh medals for Cardiff](http://www.cardiffaac.org/news/championshipmedalsforcardiff.htm) Sunday 22 January 2012

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

Cardiff athletes took twenty one medals on the first day of the Welsh indoor championships held at NIAC, Cardiff, yesterday, 21st January. The class performance of the day was that of GB international Joe Thomas (pictured) who led from the gun to win his heat of the senior men's 800m in a time of 1:47.82, within UK Athletics' qualification time for the 2012 IAAF world indoor championships. Challenging for the peformance of the day was 14 year old Tom Trotman who cleared an outstanding 1.86m to win the under 15 boys' high jump. Tom's leap was a personal best by no less than 10cms and places him top of the 2012 UK rankings for his age group.

In the under 13 boys' high jump Cardiff athletes won all three medals with James Vincent, Deio Hughes and Samuel Wink coming first, second and third respectively.

Other gold medallists were Zara George in the senior women's 60m, Charlotte Arter (senior women's 800m), Ben Paris (under 13 boy's 60m), Ryan James (under 15 boys' 400m) and Jacob Preece (under 17 men's 800m).

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

**Under 13 Girls:**  Emily Thomas (long jump silver);  Catrin Lord (long jump bronze).

**Under 13 Boys:**  Ben Paris (60m gold);  James Vincent (high jump gold);  Deio Hughes (high jump silver); Samuel Wink (high jump bronze).

**Under 15 Girls:**  Rhiannon Long (300m bronze).

**Under 15 Boys:**  Ryan James (400m gold);  Tom Trotman (high jump gold);  Harry Hillman (60m bronze & high jump bronze).

**Under 17 Women:**  Kate Seary (800m silver).

**Under 17 Men:**  Jacob Preece (800m gold).

**Under 20 Men:**  Elliott Slade (800m silver).

**Senior Women:**  Zara George (60m gold);  Charlotte Arter (800m gold);  Rhiannon Yates (60m bronze).

**Senior Men**: Alex Ezechi-Obiako (triple jump silver);  Adam Williams (triple jump bronze);  Rhys Knapman (60m bronze);  Daniel Dell (400m bronze).

To view the full results from day one, click on [**RESULTS DAY ONE**](http://www.cardiffaac.org/files/Welsh%20Ind%20Ch%202012%20day%20one%20results.pdf).

[**Mica wins TV challenge**](http://www.cardiffaac.org/news/micawindtvchallenge.htm) **Thursday 19 January 2012**

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

Anyone watching BBC television last Saturday evening might have seen Cardiff sprinter Mica Moore competing in the gameshow Winter Wipeout. Safely negotiating several rounds of the "winter" obstacle course, Mica made it through to the final and beat her two opponents to take the title and a cheque for £10,000. Mica has just concluded a successful 2011 season, being ranked 1st in Wales for U20 Women at 100m, ranked 6th in UK U20 women at 100m and 23rd in Europe U20 women at 100m.

She was selected for the GB Junior Relay Team competing at the Eurpean Junior Championships in Tallinn, Estonia, in July 2011 and represented GB Juniors 4x100m relay 3 times, including the Loughborough International and the Bauhaus Junioren in Mannheim, Germany.

Well done to Mica.

## [Olympic qualifier for Ava](http://www.cardiffaac.org/news/olympicmarathonqualifierforava.htm) Monday 16 January 2012

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

Cardiff's Irish international Ava Hutchinson has gained the marathon qualification time for this year's London Olympic Games. Running in only her second marathon, in Houston, Texas, yesterday, Hutchinson clocked two hours, 35 minutes and 33 seconds – comfortably inside the 2:37:00 A-standard for London, and good enough for fourth place in a fairly high-quality elite field. The 28-year-old Ava has clearly learned from her debut marathon in Dublin last October, where she was also on course for a sub-2:37 time but faded in the final miles to finish in 2:42:48. She immediately set her sights on a second attempt, and with the support of the Dublin Marathon Mission made the long journey to Houston yesterday determined to qualify.

Ava is Ireland’s fastest qualifier (her Irish clubmate Byrne ran 2:36:23 in Dublin, and was the first to make the A- standard).

For the last year she’s been based at Loughborough University. Last February she won the Irish national cross country title, and followed that up in September with the national half-marathon title, in her debut at that distance, finishing in 74:30.

Ava was paced during the race (which also counted as the official USA Olympic trial) by partner Alex Hains who was running in his first marathon and finshed in 26th place with the same time as Ava.

Many congratulations to Ava.

[**Calling all volunteers**](http://www.cardiffaac.org/news/callingallvolunteers.htm) **Thursday 12 January 2012**

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

Whether you are already involved in the club as a volunteer or would like to get involved, there is a place for you. Perhaps you would like to be involved behind the scenes at the Olympic Games; there will be opportunities right here in Cardiff. To learn more either get in touch with us at the Cardiff International Sports Stadium or go to a special Volunteer Sports Bureau that has been set up by Cardiff County Council.

Cardiff was chosen as European City of Sport for 2009 and will be European Capital for Sport in 2014 — with this growing reputation as a city for sport, it's important to remember that coaches and volunteers play a vital role in supporting sport in Cardiff.  
  
Clubs, events, and activities across the city would not be able to happen without the invaluable contribution made by volunteers and coaches. As a result, Sport Cardiff operates Coaching and Volunteer Accreditation schemes to ensure the highest standard of sport is delivered to the people of Cardiff — the Sport Cardiff VSB is the exciting new way we will manage these schemes and keep you informed of all the latest opportunities!  
  
The Sport Cardiff Volunteer Sports Bureau (VSB) is an online tool that enables volunteers to register and access a variety of volunteer opportunities at the click of a button. The VSB also provides an opportunity for 'providers' of volunteer opportunities to post their volunteer placements on the site to make them accessible to a wide audience of volunteers.  
   
Whether you're a seasoned volunteer or are thinking of getting involved for the first time, registering through the VSB will enable us to keep you up to date on all the latest up-coming events and ways you can get involved. You can even log the hours you complete on your very own volunteer / coaching profile. Anybody can register, as long as you have plenty of enthusiasm and a drive to support others in sport.

Volunteers gain valuable experience experience, learn new skills, meet people and enjoy themselves whilst giving something back to their communities. There's no age limit.

Why not give it a go?

The VSB can be accessed by clicking on [**VOLUNTEERS**](http://www.sport-cardiff-vsb.com/index.htm).

## [Meet Oscar Pistorius](http://www.cardiffaac.org/news/meetoscarpistorius.htm) Friday 6 January 2012

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

Just before Christmas, club treasurer Graham Webb and his wife Christine visited relatives in South Africa and met paralympian superstar Oscar Pistorius ("Blade Runner"), who is a best friend of Chris's godson Christopher Oldnall. Oscar had just flown home from Iceland, where he had been to discuss the development of his blades, which are manufactured there.

The “blade runner” was absolutely charming and was pleased to chat about himself. He was obviously delighted to see his school friend Christopher again and to catch up with the Oldnall family.

Q. How did he become best friend to Chris Oldnall?

A. They met on their first day at high school when Chris helped Oscar carry his schoolbag up the drive of Pretoria Boys High.

Q. When did he realise he was a talented athlete?

A. In the first year at high school he was the fastest in the year over 400m and 800m despite running with standard false legs. Chris,  himself a keen sportsman, recognised Oscar’s talent and urged his dad to come and see this amazing boy running, the likes of which he had never seen before.

Q. How does he manage jetlag when competing on different continents?

A. He eats only nuts and raisins and drinks water during the flights and on reaching his destination has a hard training session before sleeping. He says he can sleep anywhere, any time after training.

Q. Does he plan to compete in both Paralympics and Olympics in London?

A. Oscar hopes to compete in both, but he has to run the South African qualifying time once more in 2012 ( he has run it twice in 2011)

Q. Would he consider a tattoo of the Olympic rings?

A. He has recently had a tattoo on his shoulder. It took 6 hours! It is words taken from the New Testament of the Bible (1 Corinthians Ch.9 Verses 24-27).  After a number of requests off came his shirt; to the delight of all the ladies present!!!

Q. Would he be coming to Cardiff to the South African Paralympics preparation camp?

A. Oscar said his plans were to compete in the Diamond League in New York and then travel to his usual European base in Italy to prepare for the Olympics. If he does come to the camp in Cardiff it will be for only a couple of days. If he comes to Cardiff he will contact us and perhaps pay a visit to our club.

We should like to thank, Oscar for taking time out of his busy schedule to meet up with us. He was charming, far too good looking, and a real superstar !!!

Thanks also to Christopher Oldnall who was also a ‘super star ‘ for arranging this meeting for us.



**Christopher Oldnall**

Graham & Chris Webb

Thanks to Graham and Chris for this interesting piece.

|  |  |  |
| --- | --- | --- |
|  |  |  |