**News Archive 2013**

Below is a copy of the news feed for 2013 from Cardiff AACs old website.

[**A Happy Christmas**](http://www.cardiffaac.org/news/ahappychristmasx.htm) **Tuesday 24 December 2013**

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

Cardiff AAC (British Athletics' Club of the Year 2013) hopes that all our members and friends will have a very happy Christmas and we wish you a successful 2014.

Normal club nights will resume on Monday, 6th January.

Would you like to help us next year? If so, read on.

Normal club nights will resume on Monday, 6th January.

Would you like to help us next year? If so, read on.

As a completely voluntary organisation, 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?

[**Back from Brussels**](http://www.cardiffaac.org/news/backfrombrussels.htm) **Tuesday 24 December 2013**

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

After arduous journeys by road and ferries, caused by the very bad weather, the Welsh cross country team returned home yesterday after participating in the Lotto Cross Country Cup on Sunday.

Against good quality opposition, Cardiff's athletes performed well, with the top spot going to Ffion Price, who led the Welsh team home in the under 20 women's race in 7th place. Ffion was followed home by Kate Seary (12th), and Rebecca Evans (18th).

In the under 20 men's race, won by Wales' Jac Hopkins, Mike Ward finished in 11th place whilst, in the senior races, Rhianwedd Price, home from university in the USA and unfortunately suffering a fall in the early stages of her race, finished in 26th and Jonathan Hopkins in 38th.

[**Love is in the air**](http://www.cardiffaac.org/news/loveisintheair.htm) **Sunday 22 December 2013**

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

Christmas time 2013 will have an added importance for Rhys Williams and Leila James as they have just announced their engagement.

Rhys popped the question in New York a couple of days ago and Leila said yes.

Leila's mother Helen, herself a former Welsh international sprinter and current club sprints coach, is naturally delighted and says that this gives her an excuse to go out and buy a new hat.

Everyone in Cardiff AAC congratulates Rhys and Leila and wishes them every happiness in their future life together.

Rhys is, of course, an Olympic athlete and the current European Champion and Leila, although not reaching the same heights, has competed for Cardiff AAC and is a former Miss Cardiff.

Rhys's brother James, British League team manager, got engaged to Imogen Miles, UK women's league long/triple jumper, in Paris last year so shall we be expecting a double family wedding?

Over the years, many happy relationships have sprung from Cardiff club athletics so Rhys and James are continuing a fine tradition.

[**Off to Brussels**](http://www.cardiffaac.org/news/offtobrussels.htm) **Friday 20 December 2013**

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

Six Cardiff athletes are included in a Welsh team travelling to Brussels to take part in the Euro-Lotto Cross Cup Brussels International cross country races on Sunday.

The six are Jonathan Hopkins (senior men), Rhianwedd Price (senior women), Mike Ward (under 20 men), Ffion Price, Rebecca Evans and Kate Seary (under 20 women).

In addition, Alex Donald, Tracy Allen and Graham Finlayson form the team management.

The races take place in the estate of the Belgian Royal Palace in Brussels.

The team travels out and back by road so has a tiring journey before the races on Sunday.

Good luck to all.

[**Indoor entry dates**](http://www.cardiffaac.org/news/indoorentrydates.htm) **Wednesday 18 December 2013**

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

If you want to enter the first of Welsh Athletics indoor events of the 2012-13 season, you have no time to lose as entries close tomorrow 19th December.

The first events, for junior athletes, take place on 5th January and the entry procedures and all other information are available on the Welsh Athletics website.

The link to the Welsh Athletics web page is http://welsh.athletics-uk.org/

The indoor events programme is as follows:

|  |  |  |
| --- | --- | --- |
| Sunday 5th January | Junior (U17, U15 & U13s) Indoor Open | Thurs, 19th December |
| Sunday 5th January | South Wales Indoor Junior Championships | Thurs, 19th December |
| Sunday 5th January | East Wales Indoor Junior Championships | Thurs, 19th December |
| Sunday 5th January | South West England U13, U15 & U17 Indoor Championships | Thurs, 19th December |
| Sunday 12th January | U15 \*\* U17 \*\* U20 \*\*\* & Senior \*\*\* 3000m (Grand Prix 2) | Thurs, 2nd January |
| Sat & Sun 25th-26th January | U13 \*\* U17 \*\* & Senior \*\*\* (incl. 800m & 1500m for U15 \*\* & U20 \*\*) | Thurs, 9th January |
| Sunday 2nd February | U20 & Senior (Grand Prix 3 Non Thomas Open) | Thurs, 16th January |
| Sunday, 16th February | U15 \*\* U20 \*\* (No Endurance) | Thursday, 30th January |
| \*\* = closed.  Denotes Championships only eligible to WELSH qualified athletes | | |
| \*\*\* = open.  Denotes Championship is eligible to ALL including NON-WELSH qualified athletes | | |

[**Inter-regional successes**](http://www.cardiffaac.org/news/interregionalsuccesses.htm) **Monday 16 December 2013**

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

Cardiff athletes turned out in strength for the inter regional cross country championships held at Builth Wells on Saturday last,14th December.

Wearing their South Wales vests, Cardiff produced four individual race winners but pride of place must go to the under 13 girls where Annwen Gammon won, followed home by Jessica Wadey (2nd), Sofia Vella (3rd) and Kiara Frizelle (4th). The other individual winners were Andy Hunt (Masters men 35-39), Ffion Price (under 20 women) and Kate Seary (under 17 women).

Thanks to the Cardiff contributions, South Wales won the overall men's and women's team competition.

Other noteworthy performances were:

Nat Lane (Masters 35-39 - second);  Mike Ward (Under 20 men - second);  Ciaran Lewis (Under 17 men - second);  Jake Heyward (Under 15 boys - third);  Alfie Davies (Under 13 boys - fourth).

Suzanne Turvey (Senior women - sixth);  Rebecca Evans (Under 20 women - third);  Naomi Reid (Under 15 girls - fifth).

Earlier in the day,the primary schools races saw Emily Chirighin come home second in the year 6 girls age group; Matthew Register was 5th in the year 6 boys; Elen James 8th in the year 5 girls; and Ben Vincent 4th in the year 5 boys.

All in all a very successful day which is looking good for the Welsh cross country championships in February.

[**Great new PB for Adam**](http://www.cardiffaac.org/news/greatnewpbforadam.htm) **Monday 16 December 2013**

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

Cardiff's Adam Bitchell, who is studying at the University of New Mexico, smashed his personal best time over 5000m on Saturday last with a time of 13:44.70. His previous best, set two years ago, was 13:57.61.

Adam's time was set in his indoor debut at this distance indoors at the Hoosier Open in Bloomington, Indiana, USA but was also an improvement on his outdoor best.

Adam is coached by former Cardiff AAC captain and British international James Thie.

[**Six go to Scotland**](http://www.cardiffaac.org/news/sixgotoscotland.htm) **Friday 13 December 2013**

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

Six Cardiff AAC athletes are on their way to Glasgow to represent Welsh Schools in the annual indoor multi-events international to be held in Glasgow tomorrow, 14th December.

The super six are Claire Taylor, Lauren Evans, Sarah Omoregie, Harry Hillman, Jordan Fender and Ryan Grimwade (pictured).

The international is between schools teams representing Wales, England, Scotland and All-Ireland.

Each age group will contest a five-event pentathlon but the events vary slightly; for the boys they are 60m hurdles, long jump, 200m, shot put and 800m while the girls have the high jump instead of the 200m.

Claire Taylor is in the under 18 team and Lauren Evans and Sarah Omoregie are under 16. For the boys, Harry Hillman and Jordan Fender are under 16 and Ryan Grimwade is under 18.

Harry Hillman and Claire Taylor have competed in this event before but, for the others, it will be a new experience.

Good luck to them all.

[**Christmas Closure Dates**](http://www.cardiffaac.org/news/christmasclosuredates.htm) **Wednesday 11 December 2013**

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

Cardiff AAC's last clubnight of 2013 will be on Monday 23rd December and will start up again on Thursday 2nd January 2014. The canteen will close at 8pm on 23rd December and re-open on Monday 6th January.

Cardiff International Sports Stadium will be open on Thursday 26th December from 10am until 3pm and on  Saturday 28th December from 11am until 5pm. (Cardiff City has a home match on both of these days.) Otherwise the stadium will be closed from 24th December to 1st January, inclusive, and will re-open fully as normal on 2nd January.

The NIAC will be closed on 25th and 26th December and 31st December and 1st January but on all other days will be open from 9am until 2pm. It will be back to normal on 2nd January.

To download a chart showing all these dates as well as those for the Sport Wales National Centre click [HERE](http://www.cardiffaac.org/files/Christmas%20Dates.pdf).

[**Senior men win**](http://www.cardiffaac.org/news/seniormenwin.htm) **Wednesday 11 December 2013**

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

With three finishers in the first ten, Cardiff's senior men took the team race honours at the third round Gwent Cross Country League at Bath University on Sunday last, 8th December. Andrew Hunt was placed second individual with British Masters champion James Thie sixth and Nat Lane eighth.

In the junior age groups, Jake Heyward won the under 15 boys' race by a wide margin and Rebecca Evans was second in the under 20 women's race.

In the senior women's race, Ffion Price could not match her winning form (she had won the first two races) and slipped to sixth.

Despite many athletes (and parents) struggling with illness, 46 junior athletes made the journey to Bath. The rain subsided and it turned into a crisp, sunny day, providing excellent running conditions. Tracey and Kay even managed to get the club tent up the right way round after discovering that it was inside out to start with!

The top peformers in each age group were:

Under 11 boys:  Matthew Register - 26th  
Under 11 girls:  Emily Chirighin - 7th  
Under 13 boys:  Alfie Davies - 8th  
Under 13 girls:  Annwen Gammon - 4th  
Under 15 boys:  Jake Heyward - 1st  
Under 15 girls:  Angel Powell - 46th  
Under 17 men:  Ciaran Lewis - 6th  
Under 17 women:  Katharine Steggles - 14th  
Under 20 men:  Matthew Edwards - 4th  
Under 20 women:  Rebecca Evans - 2nd

Congratulations to everyone who ran on Sunday, especially those who improved on previous peformances as the fields were bigger than usual owing to the Avon & Somerset County championships being held within the event. Well done everyone.

[**Talk on Nutrition**](http://www.cardiffaac.org/news/talkonnutrition.htm) **Saturday 7 December 2013**

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

Next Thursday,12th December, at the Cardiff International Sports Stadium, Tom Maynard (pictured), a performance nutritionist with Sport Wales, will be giving a talk.

This talk, which is free of charge, will be of interest to athletes and parents and all are welcome. The talk will start at 6.15 and will last about an hour, with an opportunity to ask questions.

Tom Maynard has a BSc (Hons) in Sports Biomedicine and Nutrition and provides nutritional advice to athletes in a variety of sports, helping them to maximise their potential and performances.

Good nutrition is a vital element in the serious athlete's programme and it will be well worth listening to Tom.

The talk has been arranged by Ryan Spencer-Jones, Athletics Network Officer for South and East Wales and further information can be obtained from him (office: 029 2064 4870 / mobile: 07581 701 028)

[**Bronze becomes silver**](http://www.cardiffaac.org/news/bronzebecomessilver.htm) **Monday 2 December 2013**

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

Cardiff's bronze medal in this year's 12 stage road relay has been upgraded to silver following the withdrawal of the gold medal from Belgrave, whose team has been disqualified after one of its runners was found guilty of a doping offence.

In addition, Cardiff's Joe McDonald will be recorded as having run the fastest long leg.

Cardiff will now receive new medals and have been asked to return the bronze medals to the English Road Running Association who will pass them to Notts AC.

So the club's year has been even better than we thought.

Well done.

[**Third Gwent league**](http://www.cardiffaac.org/news/thridgwentleaguethisweekend.htm) **Monday 2 December 2013**

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

The third round of the 2012-13 Gwent Cross Country League will take place next Sunday, 8th December, at Bath University and all those wishing to take part should inform the relevant team by text or phone manager straight away.

Cardiff is leading the team rankings in four age groups (under 17 and under 20 men and women and under 13 girls) and is well up in others so a good turn out next Sunday will consolidate our positions. The team mangers are:

Kay Chapman 07749 716151 - Boys up to under 20  
Tracey Gammon 07795 098053 - girls up to under 20  
Alex Donald 07740 471573 - Senior Men  
John Penny 07816 654741 - Senior Women

The first event is the Novice boys race at 11.30 and the final event is the senior men's race at 2.00pm. For full details of the timetable, the course and directions to Bath, go to  <http://www.gwent-league.org.uk/2013/fix133.htm>

[**Changes at the top**](http://www.cardiffaac.org/news/changesatthetop.htm) **Friday 29 November 2013**

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

At a well attended AGM held in the club room last Thursday, 21st November, new leadership was voted in. Kay James (President) and Paul Darney (Chairman) stood down after two years in office and Bernie Plain was elected as the new President and Graham Webb as the new Chairman.

Bernie told the meeting that it was an honour to be President of such a great club and that he would do his best to make sure that there was just as great a future.

Andrew Seary was elected as a life member for the outstanding contribution that he had made to the club.



Ann Cooper, Kath Elias, Andrew Seary and Fiona Johanson were re-elected as General Secretary, Membership Secretary, Chairman of the track and field committee and Secretary of the track and field committee respectively.

The general committee will make further appontments at its December meeting.

The meeting heard various reports about the activities of the club over the previous year, including the many successes of club teams and individual athletes. Of particular note were the bronze medal won by the senior men's 12 stage road relay team and the promotion back to the premiership division by the British League team.

Everyone who had made a contribution to the work and success of the club was thanked and it was underlined that the club depends on the many volunteers without whom the club could not exist.

[**Cardiff is top club in Britain**](http://www.cardiffaac.org/news/cardiffistopclubinbritain.htm) **Saturday 23 November 2013**

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

Hot on the heels of being crowned Welsh Athletics club of the year, Cardiff AAC has topped the poll to become British club of the year.

Cardiff AAC took 32% of the vote, with Bristol & West AC second with 29%, Edinburgh AC third with 21% and Derry Spartans AC fourth with 18%.

With voting open to anyone interested in athletics, to win the vote is a remarkable achievement given the opposition and the much greater number of clubs in England and Scotland.

The club's credentials were impressive, having enjoyed its most successful year for some time. The senior men's British Athletics League track and field team regained its place in the premier division (which includes the eight strongest clubs in Britain) whilst, on the road, the club's 12 stage road relay team won the bronze medal at the national championships in Birmingham.

Elsewhere the junior teams performed exceptionally and helped the club to the Wilkinson Sword trophy for the highest number of Welsh championship medals.

Cardiff AAC was Welsh Track and Field club of the year and Welsh Off Track club of the year. At the individual level, club athletes also had a good year with, for example, Olympian Rhys Williams setting personal best times and representing Great Britain at the World Championships in Moscow.

Many congratulations to all who contributed to these successes and thanks to all who voted for us.

[**James and Tom on form**](http://www.cardiffaac.org/news/jamesandtomonform.htm) **Monday 18 November 2013**

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

For Cardiff's James Thie and Tom Marshall (pictured together at the recent Welsh road mile championship), the weekend could hardly have gone better.

Competing as a master for the first time, James (35) was the first home in the 35-39 age group at the British and Irish Masters Cross Country Championships held in Cardiff on Saturday, 16th November. Meanwhile, Tom, who is coached by James, was travelling to Leeds where, on Sunday, he set a new personal best time in the 10k at the Leeds Abbey Dash 10k, breaking the 30 minute barrier for the first time.

At the masters' cross country championships, James was in a sprint for the finish, just holding off two Engish athletes in a time of 24:20. In the same race, Cardiff's Nat Lane was 16th, helping Wales to second place in the team standings.

Cardiff stalwart Dic Evans contested the 65-69 age category, finishing in ninth place.

Other encouraging performances in Leeds came from track specialist **Ieuan Thomas** who continued his return from injury with a fine run of 30:45, **Andy Hunt** who is another who is returning from a long spell out of action with injury and ran 31:18, the fastest 10k he has run on the road for several years, and **Mike Kallenberg** in 31:39.

[**World half in Cardiff**](http://www.cardiffaac.org/news/worldhalfmarathonincardiff.htm) **Friday 15 November 2013**

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

The IAAF World Half Marathon Championship will be held in Cardiff in 2016, the IAAF announced today.

Building on the success of the established Cardiff Half Marathon, UK Athletics and Welsh Athletics, supported by the Welsh Government and Cardiff County Council, presented a convincing case to the IAAF Council at its meeting in Monaco.

This is something for Cardiff to look forward to and congratulations go to all those involved in the successful bid.

**Lynn Davies, a life member of Cardiff AAC and President of UK Athletics said:**

“Wales is a proud athletics nation - the birthplace of greats such as Colin Jackson, Steve Jones, Tanni-Grey Thompson, Dai Greene and many more – and it is my great pleasure to welcome the IAAF World Half Marathon Championships to Cardiff.

“In my time as President of UK Athletics I am delighted that we have hosted so many successful IAAF events in the UK, and we put a lot of hard work in to ensure the best possible experience for the athletes, the IAAF Family, the media and spectators.”

Numerous Cardiff AAC members have been involved in the organisation of the Cardiff half marathon and bringing it to such a high level.

[**Vote for Cardiff**](http://www.cardiffaac.org/news/voteforcardiff.htm) **Thursday 14 November 2013**

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

Having taken several Welsh Athletics awards, Cardiff AAC is one of four clubs shortlisted for British Athletics Club of the Year and we need all the votes we can get.

We are up against Edinburgh AC, Bristol & West AC and City of Derry Spartans AC so please, everyone, go to the British Athletics website and vote now. Voting closes on Wednesday next, 20th November.

To access a direct link to the voting click on "more" and then on the voting link.

The voting takes place on the British Athletics facebook page and to go directly to it, click now on [**VOTING.**](https://www.facebook.com/BritishAthletics/app_694827753863227) You then need to click the LIKED button at the top right hand corner and you are taken immediately to the voting options. If you want to vote in more than one category you must ensure that you make all your selections before activating the final submit button. Once you have voted you will not be able to return to vote in a different category.

Cardiff AAC should be in with an excellent chance as not only were we Welsh Track and Field club of the year, but we were also Off Track club of the year and the winners of the Wilkinson Sword trophy for the highest number of Welsh championship medals.

On the road, the club's 12 stage road relay team won the bronze medal at the national championships in Birmingham.

Good luck and ....... get voting.

[**Ffion wins again**](http://www.cardiffaac.org/news/ffionwinsagainx.htm) **Wednesday 13 November 2013**

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

Cardiff's Ffion Price is enjoying excellent form as she comfortably won the second Gwent Cross Country League fixture of the season at Bridgend last Sunday, 10th November. Ffion won the senior women's race and, as a result, also topped the rankings for the under 23 and universities categories. Suzanne Turvey was tenth in the senior women's race in a field of 223 runners.

In the senior men's race, Cardiff provided two of the top three finishers, Jon Hopkins coming in second and followed by Andrew Hunt in third. James Thie was tenth.

In the junior categories, Mike Ward and Annwen Gammon were each second in the under 20 men and under 13 girls respectively whilst Kate Seary and Rhys Jones were both third in the under 17 women and under 15 boys races.

Rebecca Evans was fourth in the under 20 women's race. Ciaran Lewis was also fourth, in the under 17 men's race, as was Alfie Davies in the under 13 boys. In the other categories, the best finishers were Emily Chirighin (12 in the under 11 girls), Danny Reynolds (18th in the under 11 boys) and Gwen Waddington (27th in the under 15 girls).

To view the full results, click on [**RESULTS**](http://gwent-league.org.uk/2013/res132.htm). The junior categories will be included within the next few days.

Well done to all who competed.

[**A star of the future.**](http://www.cardiffaac.org/news/astarofthefuture.htm) **Tuesday 5 November 2013**

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

Cardiff's David Omoregie, together with his coach Mike Guest, has been selected to join the prestigious British Athletics Futures Programme for 2013-14.

This is a reward for David's outstanding season, during which he reached the final of the 110m hurdles at the European Junior Championships as well as setting a personal best decathlon score and finishing as number one junior in the UK at 110m hurdles and number three in the decathlon.

The programme focuses on athletes who show the potential to achieve future success at the IAAF World Championships or Olympic Games and have the potential to be selected to the World Class Potential Programme within two years.

**British Athletics Head of Coaching Peter Stanley said:**

“The British Athletics Futures Programme is evidently going strength to strength. Year on year we are seeing an encouraging number of athletes progressing onto the World Class Performance Programme.

“This year British Athletics is supporting our second highest intake of athlete and coach pairings since the inauguration of the Futures programme. We believe this is a strong group of talented athletes. The programme works closely with athletes and their coaches to provide the right support both on and off the track to improve their results and raise their profile.”

**British Athletics’ Development Manager Jo Jennings said:**

“The aim of the Futures Programme is to support the next generation of champions and their coaches. We are delighted to assist the 28 athletes and coach pairings with their development plans and aid their future success.

“By providing athletes financial assistance and medical support, as well as coach development funding, the programme will help athletes follow in the footsteps of previous Futures athletes such as Robbie Grabarz, Holly Bleasdale, Andrew Pozzi, Danny Talbot and Emelia Gorecka.

“By supporting pairs around their own programmes, allowing for more flexibility and better distribution of resources, this will be to the benefit of the sport in future years.”

Congratulations to David and Mike.

[**Multi events results**](http://www.cardiffaac.org/news/multieventsresults.htm) **Monday 4 November 2013**

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

Cardiff athletes had a busy day at the Welsh Athletics and Welsh Schools multi event competitions held at the NIAC in Cardiff yesterday, 3rd November.

Welsh championship medals were awarded in the under 13 and under 15 age groups and Cardiff girls won in both these categories, Sofia Vella taking the under 13 gold medal with 1763 points over her four events. The under 15 event was a five event pentathlon and the girls' competition was won by Lauren Evans (2991 points) closely followed in second place by Sarah Omeregie with 2952 points.

The under 17 age group was not a championship event but the boys competition was won by Ryan Grimwade.

In the Welsh schools competitions, Lauren Evans and Sarah Omoregie were second and third respectively in the under 16 age group and Claire Taylor was first in the under 18 pentathlon.

All rounder Harry Hillman was a clear winner of the Welsh schools under 16 pentathlon and Jordan Fender was fourth.

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/WA%20Combined%20events%202013%20corrected.pdf)

[**Stadium Parking Alert**](http://www.cardiffaac.org/news/stadiumparkingalert.htm) **Friday 1 November 2013**

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

The stadium has informed us that, next Thursday, 7th November, the annual "Homeless" event will take place - this will last from 7pm to 7am the following day.

The main car park at the stadium will be allocated to this event so that parking for club use will be limited. Arrangements have been made for club members to use the Cardiff City car park.

The stadium asks for our cooperation on this occasion.

[**Hatful of awards for Club**](http://www.cardiffaac.org/news/hatfulofawardsforcardiffaac.htm) **Monday 28 October 2013**

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

At the AGM of Welsh Athletics in Llandrindod Wells on Saturday last, 26th October, Welsh awards to Cardiff AAC came thick and fast.

Leading the field was Rhys Williams, Olympic athlete and the current European Champion at 400m hurdles, who was crowned Welsh male athlete of the year.

Alongside Rhys were Adrian Thomas and Wynford Leyshon, themselves both outstanding athletes for Cardiff, who were the performances coaches of the year for their work with Rhys.

Junior male athlete of the year was David Omeregie, a likely candidate for Rhys's award in the future.

**Track and Field Club of the Year – Cardiff AAC.**

This has been a fantastic year for the club. The senior men’s team performed excellently in the British Athletics League and as a result will compete in the Premier League in 2014. The club won the most amount of medals across the indoor and outdoor track and field seasons and had a number of outstanding individuals including Aled Davies (World Record), Rhys Williams (World Championship Team), David Omeregie and Elliot Slade (European Junior Team), Joe Thomas (UK Champion Indoors), whilst Bethan Davies, Jake Heyward and Harry Hillman all set Welsh Records.

**Off Track Club of the YearAward– Cardiff AAC.**

Having already won the Track and Field Club of the Year award, Cardiff also had an excellent year off track. Their senior men’s team won bonze at the National 12 Stage Road relays in April adding to the team titles that they won at the Welsh Road Relays and the Welsh Cross Country Championships. Teams from the club also medalled in all age groups of the Welsh Road Relays. Individually Mike Ward represented the club as part of the GB team at the World Cross Country Championships in March.

**Wilkinsons Sword Trophy - Cardiff AAC.**

The Wilkinson Sword Trophy is presented to the club that has won the most amount of championship medals across the season, indoors and out, across the full range of age groups.

  
  
**John Penny, Paul Darney and Kay James receiving club awards.**

**Newcomer to Officiating** **Award** **- Rory McKerlich of Cardiff AAC.**

Having started out initially officiating little over a year ago, this individual has made a huge impact on the sport. He has progressed and developed his knowledge to become a level 2b official, volunteering at a number of league fixtures as well as regional, national and international events throughout the summer.

**Junior Male Athlete of the Year – David Omoregie.**

UK number 1 in 2013, David was part of the GB team competing at the European Junior Championships where the finished 5th. This year ran a new PB of13.45s to set a new Welsh National Record placing him 8th in the World U20 rankings for 2013.

**Off-Track Official of the Year** - **John Penny.**

Having already dedicated an enormous amount of time to the sport through his Welsh Athletics commitments, John somehow found the time to assist and support a number of cross country and road events throughout the year. He is one of the key officials that supports the Cardiff and Vale Schools programme and is a crucial element at many fixtures acting as both referee and official (amongst other roles such as course set up, race marshal, steward, etc). John operates as timekeeper and official at the SAAFA 5km road series and over the last two years has been ever-present atall of our Championship events in charge of presentation and the awarding of medals.

A great performance for Cardiff and congratulations to everyone.

[**Gwent League win for Ffion**](http://www.cardiffaac.org/news/gwentleaguewinforffion.htm) **Thursday 24 October 2013**

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

The 2013-14 Gwent Cross Country League kicked off last Saturday, 19th October, at Pontypool Park and Cardiff's Ffion Price was a convincing winner of the senior women's race. Ffion also counted as the winner of the under 23 and universities categories. Suzanne Turvey was fifth in under 23 category.

In the senior men's race, Cardiff's first finisher was Andrew Hunt in fifth place, followed by James Thie in eleventh, Peter Ryder in fourteenth and James  Mills in seventeenth.

For many of the younger athletes, Pontypool Park was a baptism of fire as it was very hilly and with lots of sharp twists and turns. The weather was kind for the earlier races but as the under 17 and under 20 men were running the heavens opened and they finished their race in a torrential downpour.   
  
**The best finishing Cardiff athletes were:**  
  
Under 20 men:  Elliott Slade (5th)  
Under 20 women:  Rebecca Evans (2nd)  
Under 17 boys:  Ciaran Lewis (3rd)  
Under 17 girls:  Kate Seary (3rd)  
Under 15 boys:  Rhys Jones (7th)  
Under 15 girls:  Emma Ligthart (12th)  
Under 13 boys:  Morgan James (20th)  
Under 13 girls:  Annwen Gammon(2nd)  
Under 11 boys:   Ben Vincent (17th)  
Under 11 girls:  Scarlett Russell (39th)

Somewhat unnoticed in the senior men's race was Cardiff's former Olympic steeplechaser (Sydney, 2000) Christian Stephenson.

To view the full results (the junior results will be included shortly) go to [**RESULTS.**](http://gwent-league.org.uk/2013/res131.htm)

[**Cardiff top on road**](http://www.cardiffaac.org/news/cardifftoponroad.htm) **Tuesday 22 October 2013**

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

The Run Wales Road Running series 2013 concluded at the recent Cardiff Half Marathon and Cardiff athletes occupied the top two places.

Cardiff stalwart Nat Lane finished in first place with 302 points and was closely followed by Mike Kallenberg in second place with 295 points.  
  
  
  
The series is judged on each athlete's best five placings over the series of 12 designated road races, starting with the Nos Galan on 31 December 2012 and ending with the Cardiff Half Marathon on 6th October.

**Other Cardiff scorers were:**  
  
Jonathan Hopkins (16th)  
Tom Marshall (20th)  
Carwyn Jones (40th)  
Elsidig Ibrahim (41st)  
Gwynant Jones (42nd)

[**Presentation Evening 2013**](http://www.cardiffaac.org/news/presentationevening2013.htm) **Monday 21 October 2013**

[](http://www.cardiffaac.org/news/presentationevening2013.htm)

Cardiff AAC's annual presentation evening was held yesterday, 20th October, at the Earl Haigh club in Whitchurch and was highly successful with an excellent turnout of athletes, parents and club officials.

On hand to make the presentations were Olympic athletes Rhys Williams and Brett Morse as well as club captain Rhys Knapman, Welsh Athletics President John Penny and Welsh Athletics Network Officer Ryan Spencer Jones.

The first presentation was of the Bill Kingsbury award to the outstanding performer in the Welsh Junior League and this was presented to Harry Hillman by Bill's daughter Kath.

Numerous standard certificates and medals were presented and these were followed by awards to individual club athletes who had produced notable performances.

**Particularly popular are the awards that are voted on by the athletes themselves and these went to:**

Under 13 boys:  Thomas Hanson  
Under 13 girls:   Sofia Vella  
Under 15 boys:  Jake Heyward  
Under 15 girls:   Gwenno Waddington  
Under 17 boys:  John Cove  
Under 17 girls:   Kate Seary  
Under 20 men:   Jacob Preece  
Under 20 women:  Anna Morris

**The team managers' athletes:**These awards are voted by the team managers and go to the athletes who, in their opinion, have demonstrated the most commitment, enthusiasm and willingness to help the team when asked.

Under 13 boys:  Huw Ward  
Under 13 girls:  Georgia Wink  
Under 15 boys:  Joseph Alder  
Under 15 girls:  Bethan Register  
Under 17 boys:  Ryan Grimwade  
Under 17 girls:  Brooke Langton  
Under 20 men:  Mike Ward  
Under 20 women:  Molly Probert

**The Simon Lane Memorial Award went to Daniel McKerlich.**

**Best Performance awards:**These awards are based on athletes' performances in championships and taking into account Welsh and UK rankings in 2013.

Under 13 boys:  Jay Morse (Welsh champion in discus and ranked 7th in UK)  
Under 13 girls:  Lucy Dennis (Welsh champion at 1500m and ranked 10th in UK)  
Under 15 boys:  Harry Hillman (bronze medal in pole vault and silver in hurdles at England Athletics championships and ranked 2nd in UK in 80m hurdles)  
Under 15 girls:  Lauren Evans (Ranked 10th in UK in pentathlon)  
Under 17 boys:  Ciaran Lewis (UK mountain running champion and ranked 7th in UK at 1500m steeplechase)  
Under 17 girls:  Tasia Stephens (Celtic Games gold in javelin and ranked 6th in UK)  
Under 20 men:  David Omoregie (No. 1 in UK at 110m hurdles and 3rd in decathlon. GB international)  
Under 20 women:  Ffion Price (ranked 3rd in UK at one mile and 10th at 1500m)

The presentations were concluded with a line up of the many volunteers without whom the club could not function.

A selection of photographs taken of the presentations can be seen in the GALLERIES.

[**2013 AGM**](http://www.cardiffaac.org/news/2013annualgeneralmeeting.htm) **Friday 18 October 2013**

[](http://www.cardiffaac.org/news/2013annualgeneralmeeting.htm)

The 2013 Annual General Meeting of the club will be held at 8pm in the club room on Thursday 21st November.

The canteen will close at 7.45pm.

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. Nominations and motions must be sent to the secretary in writing at least 21 days before the meeting.

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:   Ann Cooper  
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   
Secretary of the track and field committee   
Cross Country and Road Coordinator   
Coaching Coordinator  
Two members elected at the Annual General Meeting

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.

[**Did you guess?**](http://www.cardiffaac.org/news/whoisthis.htm) **Wednesday 16 October 2013**

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

UK Athletics' SPIKE was in Cardiff last weekend to take part in the mascots' race that was part of the lead up to the Cardiff Half Marathon last Sunday.

SPIKE actually won the mascots' race.

But...... do you know who was the real person hidden in the SPIKE outfit?

Click on MORE to find out

The speedy SPIKE was none other than Cardiff's sprint star Anax da Silva.

[**Combined events**](http://www.cardiffaac.org/news/combinedeventschampionships.htm) **Friday 11 October 2013**

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

The indoor season starts on 3 November with the Welsh championships in combined events for under 13, under 15 and under 17 age groups.

The event will be organised at the National Indoor Athletic Centre (NIAC) in Cardiff in conjunction with the Welsh Schools Athletic Association and will also include schools competitions for older athletes where entry is by invitation only.

The closing date for entries is next Thursday, 17th October.

Under 13 and Under 15 athletes will be able to take part in their age group Welsh Championships. There will also be an Under 17 pentathlon incorporated into this event which is not a Welsh Championships as this age group Championships are held within the England Championships being held in 2014, the venue and date will be confirmed.

The Welsh Schools athletes will be invitation only based on the position of the athletes in the final tables in the outdoor event in Newport; this is not for U13 athletes. Welsh Athletics does not send out Welsh Schools invitations. If you have also been selected for the Welsh Schools and you have entered the Welsh championships you will compete in both championships and they are not run separately; athlete just score in different championships.

For full details including entry details (which can be made online or on paper) go to [**COMBINED EVENTS CHAMPIONSHIPS**](http://www.welshathletics.org/media/586495/indoor%20combined%20events%20entry%20form%202014%20.pdf).

[**Wales Sport Awards 2013**](http://www.cardiffaac.org/news/walessportsawards2013.htm) **Tuesday 8 October 2013**

[](http://www.cardiffaac.org/news/walessportsawards2013.htm)

The Wales Sport Awards celebrate our top flight sport stars and elite coaches, as well as our community coaches and volunteers who dedicate their time to make sport tick across Wales.

Do you know someone that you would like to nominate? If so, the closing date for nominations is next Sunday, 13th October so you need to hurry.

Helen James received the Coach of the Year award in 2011 so there is no reason why a Cardiff AAC member could not succeed again.  
  
There are six awards on offer:

* **Young Coach**
* **Young Volunteer**
* **Volunteer of the Year**
* **Coach to disabled people**
* **Community Coach**
* **Coach of the Year**

To find out more information including how to nominate go to [**WELSH SPORTS AWARDS**](http://www.walessportawards.co.uk/).

The closing date is 13th October.

[**Presentation Evening**](http://www.cardiffaac.org/news/presentationeveningx.htm) **Monday 7 October 2013**

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

The 2013 Cardiff AAC Junior Presentation Evening will be held on Sunday 20th October at the Earl Haig Club, Whitchurch, Cardiff. Come along (parents are very welcome too) to this popular annual event and meet Cardiff's international athletes who will be helping with the presentations.

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.

## [Cardiff medals in Welsh miles](http://www.cardiffaac.org/news/cardiffmedalsinwelshmiles.htm) Saturday 5 October 2013

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

Cardiff was well represented in the inaugural Welsh Athletics road mile championships, held today, Saturday 5th October, in Cardiff's civic centre.

In perfect conditions, Ffion Price (pictured) was the runaway winner of the senior women's event, whilst former club captain and British international Jamies Thie produced a typically gutsy finish to win the men's race by inches.

In the senior men's race, pre-event favourite Tom Marshall was third in the race but took the championship silver medal whilst  800m specialist Joe Maynard took the championship bronze.

In the under 20 men's championship race, Matthew Edwards was third.

Other medallists were: Emily Chirighin (under 11 girls' bronze);  Annwen Gammon (under 13 girls' silver); Sofia Vella (under 13 girls' bronze);  Alfie Davies (under 13 boys' bronze);  Gwenno Waddington (under 15 girls' silver);  Emily Griffin (under 15 girls' bronze);  James Vincent (under 15 boys' bronze);  Ieuan Handley (under 17 boys' bronze); Hassan Abdi (under 17 boys' - first in the open race).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Results%20of%20Mile%20Challenges%202013.pdf)

Alongside the mile races an exhibition shot put competition was held, featuring Welsh International Ryan Spencer Jones and Cardiff AAC's Matthew Field. Olympic discus thrower Brett Morse was in attendance to commentate on the shot put as well as to support younger brother Jay who was running for charity in the fun run.

Welsh Athletics can be congratulated on staging an interesting programme of events as a curtain raiser for tomorrow's half marathon.

[**Are you ready?**](http://www.cardiffaac.org/news/areyoureadyforcrosscountry.htm) **Thursday 3 October 2013**

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

Once again, a track and field season is over and cross country beckons.

The first of the popular Gwent Cross Country League series kicks off at Pontypool on Saturday, 19th October, with four more rounds to follow, culminating in the final round in Bristol on 1st March 2014.

Cross country is essential winter conditioning work for endurance athletes and we look forward to plenty of Cardiff athletes competing over the winter.

**The dates and venues of the Gwent League series are**:

Saturday 19th October 2013: Pontypool  
Sunday 10th November 2013: Bridgend  
Sunday 8th December 2013: Bath  
Saturday 8th February 2014: Brecon  
Saturday 1st March 2014: Bristol

Other cross country and road race dates can be found by going to Road & Cross Country Events on the menu.

**The Cardiff AAC team managers for the 2013-14 cross country season are:**

**Alex Donald** – Senior Men – U23+ - 07740 471573



**John Penny** – Senior Women – U23+ - 07816 654741



**Kay Chapman** – Boys – up to U20 – 07749 716151  
  


**Tracey Gammon** – Girls – up to U20 – 07795 098053  
  


Please note that we do not send out selection letters for cross country events – it is up to you to contact the team managers of your relevant age group to be added to the team entry list for each event. We will put timetables and course maps on the club room table as they are released for each race or you can look on the Gwent League website [www.gwent-league.org.uk](http://www.gwent-league.org.uk/)  We can enter as many athletes as we like and each athlete scores points for the club. Cardiff AAC brings a dark green club tent for you to store your kit bags in (and shelter if the weather is being unkind) and, on the day, you must report to your team manager at least an hour before your race to give yourself time to walk the course and warm up.  You will need at least 12m spikes in your shoes and a Cardiff AAC club vest to compete. You must also be a fully paid up member of the club. You can compete as soon as you have had your 9th birthday and races for this age group start at 1 mile, increasing as they get older.

We would love to see lots of Cardiff AAC athletes competing as we are capable of winning lots of awards at the end of the season. Everyone is welcome to try cross country and as a member of Cardiff AAC you are expected to compete for the club.

If you have any queries about this cross country season please talk to us at the club or contact one of us on the numbers above.

## [Welsh awards for Cardiff](http://www.cardiffaac.org/news/welshawardsforcardiffx.htm) Tuesday 1 October 2013

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

An all round successful year for Cardiff AAC has been recognised by Welsh Athletics and the club has picked up four national awards.

Individual honours go to Rory McKerlich (pictured) and John Penny and two separate awards (Track and Field club of the year and Off Track club of the year) go to the club as a whole.

Rory, who joined the club with his son only a year ago, has been recognised as the Newcomer to Officiating of the year and has already proved his worth at several events, including getting soaking wet at the final of the Welsh under 15 League in Brecon recently.

John Penny, who joined the club rather more than a year ago and who also got soaking wet in Brecon, has been recognised as the Off Track Official of the year. John is, of course, also the current President of Welsh Athletics.

On the track and off track, the club has enjoyed successes and crowned this with the British League team's promotion back to the Premier Division, joining once more the top eight clubs in Britain.

The awards will be presented during the AGM of Welsh Athletics in Llandrindod Wells on 26th October.

Many congratulations.

## [Calling all milers](http://www.cardiffaac.org/news/callingallmilers.htm) Wednesday 25 September 2013

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

If you fancy your chances over a mile, Welsh Athletics has created a Welsh mile road race championship, the first of which will be held in Cardiff Civic Centre on Saturday week, 5th October.

 There are championship races for all age groups from under 11 to masters (male and female) and the closing date for entries is next Monday, 30th September so you need to hurry if you want to enter.

The mile races will take place around a fast two lap circuit. large spectator crowds are expected and will create a fantastic atmosphere at this new and exciting event. Other supporting events include the Cardiff Family Fun Run, ''Come & Try Athletics events'', a Mascot Race and an exhibition Shot Put Competition.

The races will form part of the Lloyds Bank Cardiff Half Marathon Saturday Programme and there will be prize money for senior men and women.

To enter (either online or to download an entry form), go to [**Cardiff Mile Entries**](http://www.welshathletics.org/competitions/events/road-running/2013/10-oct/welsh-mile-road-race-championships---cardiff.aspx).

## [View from the top](http://www.cardiffaac.org/news/viewfromthetop.htm) Sunday 22 September 2013

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

The 850 miles round trip to Scotland was well rewarded as Cardiff AAC's athletes all performed brilliantly and helped the Welsh team to medals in every age group of the British and Irish Junior mountain running championships, held in Achray forest, Aberfoyle, yesterday, 21st September.

King of the mountains was Ciaran Lewis who took the gold medal in the under 16 boys' age group and led the Welsh team to the bronze medals. Ciaran was the only non English athlete to get to the top of the podium as every other individual and all the team championships were won by English athletes.

Ciaran is pictured with the other Cardiff athletes (Ffion Price, Gwynant Jones and Rebecca Evans) in the Welsh team.

Ciaran is in good company as previous winners of this age group (Alistair Brownlee in 2004 and Jon Brownlee in 2006) went on to be 2012 Olympians.

It was a damp day and the mist closed in as each race progressed making it very difficult for spectators to see the athletes as   
they ran through the forest on the mountain. In the under 19 men's race Gwynant Jones finished in 10th place helping the under 19 men to the team silver medals.

In the under 19 women's race Ffion Price finished in 2nd place and Rebecca Evans finished in 6th place helping the team to win the bronze medals.

A great way to round off the summer season and start the cross country campaign.

## [A mountain to climb.](http://www.cardiffaac.org/news/amountaintoclimb.htm) Wednesday 18 September 2013

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

On Friday, September 20th,five Cardiff AAC athletes will begin the long journey up to Aberfoyle in Scotland where they will represent Wales in the British and Irish Junior Mountain Running International.

They are Gwynant Jones (under 19 men's 7.0k), Ffion Price, Rebecca Evans and Anna Lawson (under 19 women's 4.9k) and Ciaran Lewis (under 16 boys' 4.9k).

Four of the selected Cardiff athletes (Ffion Price, Ciaran Lewis, Gwynant Jones and Rebecca Evans) were also in last year's team (pictured).

Mountain running is a tough but exciting sport and Cardiff AAC has the highest club representation with 5 athletes. Carmarthen Harriers and Menai are next with 3 athletes each.

Good luck in Scotland.

## [UK Schools Games](http://www.cardiffaac.org/news/ukschoolsgames.htm) Wednesday 18 September 2013

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

The eight Cardiff athletes (pictured - left to right - Melissa Roberts, Tasia Stephens, Kristian Jones, Ryan James, Kate Seary, Ciaran Lewis, Dafydd George, John Cove) performed well in Sheffield last week end at the UK Schools Games.

Tasia Stephens took pride of place with her bronze medal in javelin with John Cove just missing out with fourth place in the 1500m.

Elsewhere, Melissa Roberts was 6th in the 300m, Ryan James was 5th inn the 400m hurdles, Kate Seary 5th in the 800m, Ciaran Lewis 5th in the 1500m steeplechase and Dafydd George 8th in the 800m. Kristian Jones, Melissa and Ryan also ran in the relays finishing 5th, 7th and 6th respectively.

The athletes stayed in the athletes village at Sheffield University for four days from September 12th to 15th with all the other teams, experiencing what it would be like at a top international event. The other sports there were Badminton, Cycling, Fencing, Gymnastics, Hockey, Judo, Rugby 7’s, Swimming, Table Tennis, Volleyball and Wheelchair Basketball. The athletes also attended an opening and closing ceremony and gained experience of doping control and the accreditation process.

Cardiff AAC was also represented in the Wales Volleyball team by Tahlia Taylor.

At the closing ceremony it was announced that the 2014 School Games will be held in Manchester so this will be the target for next year.

## [Great end to season](http://www.cardiffaac.org/news/greatendtoseason.htm) Sunday 15 September 2013

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

Despite generally miserable conditions for athletics, Cardiff's young athletes finished their season with a flourish at the final of the Welsh Athletics under 15 league, held today, 15th September, at Penlan athletic track in Brecon.

After a ding dong battle all day, Cardiff finished in an excellent second place to winners Swansea Harriers, with Cardiff Archers third.

Pride of place goes to Harry Hillman who competed in three individual under 15 events, plus the 4x100m relay, winning the lot. Kieran Grimwade won two events and sister Cassie set a league record in winning the under 11 girls' javelin.

The club's strength was in the under 13 and under 15 age groups when, even if not winning, Cardiff athletes were always well placed, scoring good points. The under 11 athletes all performed to their best on the day and contributed to the overall success of the team.

**The final match scores were:**

1. Swansea H (1225 points)  
2. Cardiff AAC (1149)  
3. Cardiff Archers (1105)  
4. Pembrokeshire H (926)  
5. Carmarthen H (859)  
6. Newport H (677)  
7. Wrexham H (255)

**Cardiff's individual winners were:**

**Under 11 girls:** Cassie Grimwade (javelin A);  Scarlett Russell (javelin B).  
  
**Under 13 girls:**  Annwen Gammon (800m A);  Sofia Vella (800m B);  Lucy Dennis (1500m A);  Abi Fisher (1500m B);  Catrin Jones (1000m walk B);  Ellie-May Stonehewer (high jump B);  Alice Cudihee (discus B);  Halle Meddick (javelin B).

**Under 13 boys:** James Kennett (100m B);  Thomas Hanson (200m A);  Jay Morse (discus A).

**Under 15 girls:** Bethan Register (200m B);  Niamh Galton (high jump B);  Catrin Lord (long jump B); Tia Meddick (shot put A);  Elen Evans (hammer B).

**Under 15 boys:**  Harry Hillman (100m A, 80m hurdles A, long jump A);  Kieran Grimwade (hammer A & javelin B);  Matthew Cottingham (200m B);  Iestyn Jones (300m B);  Ieuan Jones (800m B);  Jake Heyward (1500m A);  James Vincent (1500m B);  Owain Thomas-Jenkins (hammer B);  Rhodri Davies (pole vault A); Jasper Hawkins (pole vault B).

To view the full results click on [**RESULTS**](http://www.cardiffaac.org/files/WA%20U15%20cup%20final%20results%202013%20amended.pdf)**.**

On a day of such bad weather we must pay tribute to the officials who worked tirelessly throughout the day. Most of them were thoroughly soaked by the rain but carried on, enabling the final to be completed in good time. Thanks go to them and also to our own team managers who looked after the team and ensured a strong Cardiff presence with a good result.

The detailed report from the team managers is as follows:

**Sunday 15th September 2013 - Welsh Athletics under 15 League Cup Final**

Today saw the final of the Welsh Athletics under 15 League Cup Final. The weather was extremely challenging for our young athletes with driving wind and rain throughout the day. Despite the dreadful weather conditions our heroic young athletes battled through to take 2nd place to a deserved Swansea team beating Cardiff Archers in to 3rd place by 44 points.

**Under 11s**

**Athletes of the day:**

**Boys:**  Alexander Kulkarni for showing great enthusiasm and trying his very best in every event that he has done this season.  Whenever we saw him he had a big smile on his face, even in damp windy Brecon.  Also for being so encouraging to his teammates whenever he could.

**Girls:**  Only one person for this our Welsh Junior League record breaker Cassey Grimwade….what an amazing thrower she is, I think her big brothers need to watch out as she is catching them up!  Congratulations Cassey.

Welsh Junior League Cup Final day arrived and everybody headed north to Brecon with great anticipation about what was to unfold at the last track event of the season for our Junior Athletes.

It was very difficult to choose a team from our U11’s as everybody has tried their very best through the summer months and have progressed amazingly well.  They should all be proud of themselves.

With miserable weather forecasted, nothing was going to dampen the spirit in our wonderful Team.  Even hardened cross country runners would have thought twice about competing in such conditions; however there was an amazing team feel from all associated with the club from the start until the last relay.

**U11 Boys**

Our boys’ team made up of Ben Vincent, Alexander Kulkarni, Carwyn Hastings and Sam Woods were eager to finish the season in style and help the Team gain as many points as they could along the way.

The first track event of the day featured Alex and Carwyn in the 75m.  Both boys ran like the wind, both finishing less than a second behind the winners of their respective heats.  Alex finished in 11.84 and Carwyn 11.72, both times being season bests.

Our long jumpers Ben and Sam hit the pit whilst the sprints progressed.  Sam had an amazing start to the competition smashing his PB and surpassing his target of 4m, leaping an amazing 4.03m on his first jump!  Sam went on to score crucial points for the team finishing 3rd with this great jump.  Ben also excelled, leaping beyond his PB, his first jump again being his best at 3.57m.Thanks must go to AJ and Hannah Pretty who have recently worked their wonders with these guys.

Our middle distance runners Ben and Carwyn stood up proud and showed fighting spirit in the 800m. Both the A & B heats had strong fields and both of our boys kept going, giving everything they had even when the heavens opened and a tornado passed by!  Both ran very well in horrendous conditions, which is so encouraging for what the future holds with these guys.

Onto the 150m and Sam ran a great race in 23.79 with Ben again showing he is multi-talented, finishing strongly at 25.21.

We have struggled a little with our throwing events and would like to thank Alex, Sam and Carwyn for stepping in for the team in the shot and javelin.  All three boys gave their very best and I’m sure that the potential is there for all of them, with coaching, for them to progress well with these events should they wish in the future.

Just before their batteries ran out, they had the relay to complete.  The boys had a good practice beforehand and this certainly  did the trick when the race began as each changeover was perfect, coming home with big smiles on their faces….even though a little damp and windswept!

Our boys U11’s team scored 81 points overall which was great and helped toward the overall success for the club.

**U11 Girls**

The girls’ team was made up of Scarlet Russell, Emmanuella Kone, Eryn Oakley, Juliet Nottingham and Cassey Grimwade.  They were also determined to really go for it in Brecon.

We must start with our throwing stars, and the girls worked their wonders with the javelin.  Cassey amazed everyone smashing the Welsh league record by over half a metre, throwing an amazing 20.52m and winning the A string competition by a large margin.  Scarlet was also amazing, winning the B string competition throwing 17.70m.  Again nobody could get anywhere near her in distance.  Maximum points were gained, what great additions these girls will be to the U13s team next year.  Cassey also went on to gain further points in the shot, coming 4th in the A string.  The multi-talented Emmanuella did extremely well in the B string, coming 3rd.

In the sprints, Emmanuella and Scarlet ran in the 75m, both in very strong heats. Emmanuella ran a PB at 11.65 and Scarlet ran very well with 12.13; both girls were less than a second behind the winners in their heats.

In the 150m it was Emmanuella and, straight from her morning football game, Juliet Nottingham.  Both girls gave their very best in very tricky conditions, well done girls.

Elen James was a late casualty for the 800m, with a nasty wrist injury gained late in the week when taking part in gymnastics.  Get well soon Elen.  This left Eryn to be our brave girl in the 800m.  The weather conditions again were terrible but nothing was going to stop Eryn’s delightful spirit getting her around that track.  Eryn you were a star and kept going in such a hard race, another young athlete with plenty of potential for future successes.

In the long jump pit, it was Scarlet that excelled, coming 4th with a brilliant jump of 3.51m.  Eryn also did very well with 2.99.  Both girls gained PBs, finishing the season in style.

The relay team of Scarlet, Eryn, Juliet and Emmanuella have shown great progression through the season, and the changeovers were perfect, well done girls.  The girls earned 74 hard fought points or the team which was great.

We take great pride in the achievements of all of our U11’s this season, as well as the overall junior team.  They have all grown and progressed and given their very best in all of the events that they have competed in.

On and off the field/track the encouragement that was given and team spirit that surrounded Cardiff AAC was immense .So many gutsy performances, we dug deep when we needed to. The future is so bright for this club from U11 upwards and ultimately everybody starred in the great achievement of 2nd place overall, up against the best in the country.  What a finish to the season, smiles all around, well done everyone. We wish all of our athletes who next season will compete as U13’s the very best, we will keep a close eye on you.  Linda and AJ will look after you well.

Now for the Cross Country season………all are welcome to join in the muddy fun!!

Also don’t forget presentation night on Sunday 20th October.

Mark and Jo U11 Team Managers.

**U13s**

**UNDER 13 BOYS**

**Athlete Of The Day: Thomas Hanson** (for the number of points gained for the Team, in the Final)

Whether it was James' celebration after the Relay, a shivering Jonathan on the Long Jump runway, Adam and Oliver battling against recent injury and poor health in the HJ, Morgan James sprinting down the home straight through torrential rain to try to gain an extra place in the 1500m, Jay at his absolute best in the Discus and Shot or even Huw Ward competing with a broken finger; no matter which event you were watching, you can see it in their faces that the Under 13 Boys were determined to be the best in Wales!! No amount of rain or bad weather was going to get in their way.

In the end, the win was emphatic. By finishing in 1st place, the boys proved that at a National level they can mix it with the best. They don't need to brag or show off; they let their feet do the talking!

The bad weather, made times and distances almost irrelevant. However, Jay Morse pulled off yet another Grade 1 performance in the Discus, a phrase that I have used so many times this year! He came within a whisker of a PB in the Shot, ensuring that Jay ends the season in great style and showing that he's more than ready to take on the Under 15s next season.

Thomas Hanson moved over to the Javelin, to great effect, whilst still bagging his usual haul of points in the sprints, winning the 200m A race. James Kennet's day was capped off by a fantastic last leg in the 4x100 Relay, anchoring the Team across the line in first place.

Multi-eventer Thomas Britt had a busy day too. A good performance in the Javelin was followed by a very good run in the 800m B race. A race he agreed to do, as cover for the injured Welsh Championship Silver medallist Tomi Owens. But he saved his best to last, getting one of a few track PBs in the 75m Hurdles.

Competing with a broken finger, the very popular Huw Ward had a day to forget in the Hurdles. But, a good debut in the Walk meant that he still got lots of points for the Team. Callum Russell made sure that boys team picked up valuable points in the Walk too.

Liz Davies’ endurance runners gave it their all in the 1500m and 800m. Alfie Davies and Daniel John both took 2nd places in the A races of those events, whilst Morgan James gained a hard earned 2nd place in the 1500m B race.

In the field, Morgan Jenkins did a great job covering for Thomas Hanson in the Shot Put picking up 2nd place in the B competition.

A rare off-day  for our jumpers (by their usual high standard). Despite recent injury and not being at his best, Adam Mohsin was a last minute inclusion into the High Jump. Also in the HJ, coming back from poor health was Oliver Cooper. Both boys battled hard to get the Team as many points as possible. The Under 13 boys won the match by 13 points. Adam and Oliver got 14 of those points! Proving that it’s not just about 1st places and PBs, but every single point matters.

Jonathan Gibson struggled in the pouring rain of Brecon in the Long Jump. However, a superb 3rd leg in the Relay, to give James a good lead in the final leg, put the smile back on his face. It was newcomer Thomas Vass who fared better in the LJ, getting a good PB of 4.24m.

The icing on the cake was the way Thomas, Thomas, Jonathan and James, kept their nerve to win the 4x100m Relay race, with a great display of brilliant sprinting and near perfect change-overs!

**UNDER 13 GIRLS**

**Athlete Of The Day: Lana Culliford** (for sheer bravery in taking to the start line in the 70m Hurdles)

In virtually every league match this year, I have started these reports with the Endurance girls. And this report will not be any different! I set the 4 girls a challenge: get maximum points. They did not disappoint.

Annwen Gammon – 1st place, 800m A race. Sofia Vella – 1st Place, 800m B race. Lucy Dennis – 1st place, 1500m A race. Abigail Fisher – 1st place, 1500m B race.

Along with the Welsh 800m Champion Jessica Wadey, we have by far the best Endurance Team in Wales and one of the best in the whole of the UK.

The Under 13 Girls finished 2nd overall by only 4 points! On a different day, with fewer injuries leading up to the Final, there is no doubt that the Girls would have gone one better. A remarkable improvement from where we were at the start of the season.

Jerri-Lynne Grabham and Catrin Jones gave the Team a great start getting 22 out of the possible 24 points in the 1K Walk.

Lana Culliford and Jessica Wadey battled hard against very good opposition from Swansea and Newport in the 100m and 200m, with Jessica getting a PB in the 200m. This was the  only PB on the track by any of the Under 13 athletes.

In the 70m Hurdles, like Adam in the boys team, Lana put recent injury and bad results behind her. Her determination to get to the start line was a perfect example of the lengths that these youngsters went to in Brecon to earn Cardiff AAC as many points as possible.

In the field, still fairly new to the club, Megan Hodgson was a little off her best in the High Jump, but, still took a good 2nd place. Megan had only just taken a very good 3rd place in the 70m Hurdles B race. Whilst Ellie-May Stonehower  found her best form again to win the HJ B competition equalling her PB. In the Long Jump, both Renee Moore and Silva Brindle struggled to cope with the ever worsening weather conditions. Silva, the Welsh Championship Silver medallist, competed for the first time since breaking a toe!!

In the Shot Put both Halle Meddick and Thea Willis started their day with PBs, with Halle coming out on top throwing over 8 meters for the first time. In the Javelin, the same two girls got a 2nd place in the A and a 1st place in the B competitions. But it was Thea this time who threw the furthest, both girls pushing each other to get better and better.

We welcomed back Bethan Gammon who competed in the Discus. Bethan by her standards was a little off her best after a recent injury left her in crutches! Team-mate Alice Cuddihee added almost another meter to her PB in the Discus to win the B competition.

It’s worth noting that the Cardiff AAC Under 13 Boys + Girls combined points meant that the Under 13s finished in 1st place, with Swansea 2nd 14 points behind.

Finally……

From an extremely proud Team Manager, I would like to thank you for all the great memories and fantastic performances you have given us in 2013.

I wish you all the very best of luck next year, especially those who will move up an age group to take on the Under 15s!!!

Congratulations on a great year to “The Best Under 13 Team” in the country!!!!

**Under 15 Girls :**

(NB: (A) = A string (B) = B string)

Athlete of the day: Lauren Evans for being the highest points scorer with 28.

It was another great performance from the Cardiff Under 15s despite the dreadful weather conditions. As a result PBs were not the focus today but instead gaining the valuable points for the team.

The competition began with Ella Comanescu and Olivia Morgan White in the 1k walk. Both volunteered to gain points for the team having never tried the event before let alone competed in it! Thank you both for putting the team first and especially in such dreadful weather conditions when it could have been easier to have stayed at home!! Outstanding commitment!!

Rebecca Kennett was back from injury and although not 100%, picked up more points in the 100m (A) along with Catrin Lord (B). Catrin also did well in the 200m (B) and came 1st in the Long Jump (B).  Bethan register had a great run in the 200m (B), securing a convincing 1st place. Beth also came 3rd in the 300m (A).  Angel Powell gave it her best and brought home more points in the 300m (B).

As the rain hammered down Caitlin Exton was back in her familiar setting of the 800m (A) and ran a great race to gain 2nd place. Eli Wynne Williams also battled through the rain in the B race to gain more valuable points for the team.

In the 1500 (A) Amber Harding had a great run gaining 2nd place with Rhian Jones also picking up points in the B race.

A gutsy performance was seen from Lauren Evans in the 75mh (A) who was pipped on the line to take 2nd place.  Lauren also took 2nd place in the Long Jump (A) gaining 28 points in total.

Sarah Omoregie came 3rd in the High jump (A) with Niamh Galton securing 1st place (B).

On the field Tia Meddick secured 1st place in the shot (A) and picked up more points in the Javelin (A) with 3rd place.

In her second performance for Cardiff Ceri Jones took 2nd place in the Hammer (A) and 3rd place in the Discus (A).

In the Hammer (B) Elen Evans secured full points for the team gaining 1st place and 2nd place in the Discus (B).

Elin Glaves also did well and picked up points in the Javelin (B).

Our U15Gs relay team consisting of Catrin Lord, Rebecca Kennett, Caitlin Exton and Bethan Register had a fantastic run to secure 2nd place. Well done girls!

**Under 15 Boys:**

**Athlete of the day:** Harry Hillman - not only did Harry manage to break the league record in the 100m, despite the weather, he also collected a maximum points score of 48 for the team.

The boys started off with Dan McKerlich in the 1K walk. Dan, who only recently recovered from an operation 2 weeks ago, secured a great 3rd place for the team.

After a great performance in the 100m (A) Harry Hillman went on to also win the 80mh (A) and Long Jump (A). Sam Wink did very well coming 3rd in the 100m (B) and also picking up points in the 200m (A) with another good run.  Matt Cottington had a storming win in the 200m (B) securing maximum points in the process.

In the 300m Jordan Fender had a great race to take 2nd in the A race, with Iestyn Jones taking an impressive 1st in the B race. Jordan also picked up points in the 80mh and came 2nd in the LJ (B).

The 800m (A) saw Joe Alder in an unwavering performance to take 2nd place, whilst Ieuan Jones also ran well to take 1st in the B race. Thanks to Joe for stepping in to gain points in the shot (B) and also Ieuan for stepping in for the Discus literally minutes before the start.

In the 1500m our boys gained maximum points.  Jake Heyward, having dominated the 300m this summer, was back in his familiar setting of middle distance, smashing the field by a good 200m to take 1st place in the A race.  James Vincent was equally impressive in the B race securing another 1st place for the team and reducing his PB by 1 second in the process.

Although the High Jump proved challenging under the conditions, James also came 2nd in the high jump (B) whilst fellow team mate Charlie Pegrum competed well to secure more points coming 3rd in the A comp.

The Pole Vault saw gutsy performances from Rhodri Davies and Jasper Hawkins who both gained maximum points for the team and 1st place in both the A and B competitions.

Our throwers were back out in force, with Kieran Grimwade securing a 1st with an impressive throw in the Hammer (A), 1st in the javelin (B) and 4th in the Discus.  Owain Thomas Jenkins also did well taking 1st place in the hammer (B). Owain was also 2nd in the Javelin(A) and 3rd in the shot (A).

The end of the day saw our boys relay take 1st from Swansea.  The team consisted of Sam Wink, Harry Hillman, Matt Cottington and Jake Heyward. Fantastic run boys!

As we close for the season I would like to thank all the athletes for your commitment and hard work to succeed despite injuries and weather! I would also like to thank all the parents who have made time to help out with the officiating duties throughout the summer, without whom, the competitions could not have run.

Good luck to all of you moving up to U17s next year we will miss you!

Hope to see you all at the presentation evening on 20th October J

Best Wishes

Linda – Under 15s Team Manager (Welsh League)

## [8 in UK Schools Games team](http://www.cardiffaac.org/news/8inukschoolsgamesteam.htm) Monday 9 September 2013

[](http://www.cardiffaac.org/news/8inukschoolsgamesteam.htm)

Eight Cardiff AAC athletes have been selected to represent Welsh schools in the Sainsbury's UK Schools Games to be held in Sheffield from 12 to 15th September. The Games cover several sports and the athletic events will be on Saturday and Sunday next, 14th and 15th.

The eight athletes are Kristian Jones (4x100m relay), Ryan James (400m hurdles and 4x400m relay), Dafydd George (800m), John Cove (1500m), Ciaran Lewis (1500m steeplechase), Melissa Roberts (300m and 4x300m relay), Kate Seary (800m) and Tasia Stephens (javelin).

Good luck to you all.

## [Double win in Cardiff 10k](http://www.cardiffaac.org/news/doublewinincardiff10k.htm) Sunday 8 September 2013

[](http://www.cardiffaac.org/news/doublewinincardiff10k.htm)

The 2k fun run that preceded the 10k race, held today in Cardiff's city centre, saw two Cardiff AAC winners. Ieuan Jones (13) and Megan Tatnell (15) won the boys' and girls' races respectively.

Ieuan and Megan are pictured receiving their medals from Wales and British Lions rugby star Alex Cuthbert who was the official starter of the races.

In the 10k itself, finishing well up in the field of over 4000 runners, and early finishers for the Welsh team, were Jon Hopkins, making a welcome return to fitness, and Mike Kallenberg.

[**Cardiff medals in Bedford**](http://www.cardiffaac.org/news/cardiffmedalsinbedford.htm) **Monday 2 September 2013**

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

Cardiff athletes returned from the national championships in Bedford over the past weekend with medals plus valuable experience for the future.

Versatile Harry Hillman took two medals, a silver in the event for which he is better known, the under 15 boys' 80m hurdles (in a Welsh age group and club record time of 11.02), plus a bronze medal in the pole vault where he cleared 3.40m.

Other medallists were Ciaran Lewis (pictured receiving his medal) who set a pb winning bronze in the 1500m steeplechase and Tasia Stephens, also taking bronze in the under 17 women's javelin.

Even without medals, the other Cardiff athletes who made the journey to Bedord will have gained valuable experience in taking on the best in Britain.

John Cove made it through to the final of the under 17 boys' 1500, coming sixth, but will no doubt be kicking himself that his heat qualifying time of 4:01.79 was faster than the winning time in the final.

Kristian Jones contested both the 100 and 200m in the under 17 boys making it to the semi-finals of both events.

Jake Heyward was 5th in the under 15 boys' 1500m final and Ellie Atkinson was 6th in her under 17 1500m whilst Erin Hayes was 5th in the under 17 women's 1500m steeplechase.

Kate Seary found the competition hot in the under 17 women's 800m and was unable to progress from her heat and Ryan James was likewise unable to go beyond the heats of the under 17 boys' 400m.

Nevertheless, whether gathering medals or not, congratulations to everyone who made the effort to take part as this experience will stand them all in good stead for the future.

[**A big weekend ahead**](http://www.cardiffaac.org/news/abigchallengeahead.htm) **Wednesday 28 August 2013**

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

Cardiff athletes will be making the journey to Bedford this weekend to take part in the England Athletics under 17 and under 15 age group championships. These championships attract athletes from all over the UK and are, in effect, the British championships.

Representing Cardiff AAC will be Kristian Jones, Ryan James, John Cove and Ciaran Lewis (under 17); Melissa Roberts, Kate Seary, Ellie Atkinson, Erin Hayes and Tasia Stephens (under 17);  Jake Heyward and Harry Hillman (under 15). These have all had to achieve standards just to be able to enter the championships and we wish them all the best of luck.

[**Cardiff athletes in Welsh team**](http://www.cardiffaac.org/news/cardiffathletesinwelshteamx.htm) **Thursday 22 August 2013**

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

Seven Cardiff athletes are included in the Welsh team travelling to Belgium this weekend to take part in the International Antwerp Athletics GALA on Saturday next.

The seven are Mica Moore (100m), Gareth Hopkins (200m), Ryan Lee (400m), Carl Hill (800m), Tom Marshall (1500m), James Thie (1500m) and Paul Bennett (400m hurdles).

Cardiff's former international 400m hurdles multi medallist Matt Elias is team manager.

[**Juniors through to final**](http://www.cardiffaac.org/news/juniorsthroughtofinalx.htm) **Monday 19 August 2013**

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

Cardiff's Welsh Athletics Under 15 League team completed the qualifying series at Cwmbran yesterday, 18th August, and safely secured a place in the all Welsh final to be held in Brecon on 15th September.

A team that was heavily depleted, especially in the under 11 age group, through holidays finished in second place but included a number of excellent performances including Sarah Omoregie's hat trick of wins in the under 15 girls' 100m, 75m hurdles and shot put. Double winners were James Kennett, Jay Morse and Thomas Hanson.

**Cardiff's individual event winners were**:  
  
**Under 13 girls:**  Sofia Vella (800m):  Abi Fisher (1500m).

**Under 15 girls:**  Sarah Omoregie (100m race 1, 75mH race 1, shot put);  Bethan Register (300m);  Lauren Evans (75mH race 2);  Niamh Galton (high jump);  Tia Meddick (javelin).

**Under 13 boys:**  James Kennett (100m race 1 and 200m race 3);  Thomas Hanson (200m race 1 and javelin);  Daniel John (800m);  Callum Russell (1000m walk);  Jay Morse (shot put and discus).

**Under 15 boys:**  Iestyn Jones (300m race 2);  Rhodri Davies (pole vault);  Jordan Fender (long jump);  Owain Thomas-Jenkins (javelin).

Over the season Cardiff were the winners of the overall under 13 and under 15 age groups (boys and girls) but had to concede second place to the Cardiff Archers in the under 11 age group.

**The final league positions were**:

1.  Cardiff Archers (32 league points)  
2.  Cardiff AAC (28)  
3.  Newport H (24)  
4.  Cwmbran H (20)  
5.  Hereford & County AC (16)  
6.  Aberdare Valley AAC (9)  
7.  Blaenau Gwent AC (8)  
8.  Rhondda AC (7)

To view the results from Sunday click on [**RESULTS.**](http://www.cardiffaac.org/files/WA%20U15%20Lg%20Aug%2018%202013.pdf)

The team managers report as follows:

**Under 11 boys and girls**

**Athletes of the day:   
  
Boys:** Ben Vincent for his continuing enthusiasm and dedication and attaining a PB in 800 m and javelin.

**Girls:** Elen James for running fantastically well in the relay, which she had never done before, and for trying her hardest with everything she has done this season.

With the majority of our U11’s team building sand castles and swimming in various locations in the world, we were left with the Famous Five who were ready, willing and able at the final fixture of the Welsh Junior League at Cwmbran.

Our boys’ team - The Terrific Two - Ben Vincent and Kai Scurlock - were eager to do themselves and the club proud and, more importantly, generally have a fun filled athletic day.

Kai maintains a great record with his multi talents in sprints, throwing and long jumping.  Keep up the good work Kai.  Ben also is so enthusiastic in trying to better previous performances, doing so well again in his 150m and getting a PB in 800m as well as having fun with the javelin.

Our young ladies - The Tremendous Three - Catrin Hocking, Elen James and Eryn Oakley - were all determined to do their very best and continue to progress in their events; onward to their Olympic dreams of 2024.

Catrin was very determined on the track, and continues to give 110% with her performances as well as throwing the shot as far as she can. Well done Catrin.

Our middle distance runners Elen and Eryn continue to do very well in the 800m. Amazingly, even though they were in different races, they both finished in 3mins21!

They also leapt wonderful distances in the long jump, which unfortunately had to be interrupted for the relays, and threw great distances in the javelin. Jessica Ennis watch out - these girls have got you in their sights!

With so few athletes we could only enter a mixed guest team in the relay.

The Fabulous Four - Elen, Eryn, Kai and Ben - ran (and then ran again!) their legs off, and more importantly enjoying themselves, romping home in 4th position with BIG smiles on their faces! With so much happening for these young athletes on the day, their batteries were starting to run out by now so Elen’s dad was on hand for a more than welcome piggyback ride back to the car!

Well done to our Famous Five in Cwmbran and to all of our other athletes that have competed in this league. You all should be very proud of yourselves as the U11’s team has finished in a very respectable 3rd position out of 8 teams.  You have all helped the Cardiff AAC U15’s team achieve an overall position of 2nd which means we will compete in the final in Brecon on 15th September.

Many thanks to all of our young stars that have shone so brightly this season; and your parents for their support,

**Under 13 Girls**

**Athlete of the day: Abi Fisher.**

Overall, the Under 13 Girls finished in 1st place...!!! A phenomenal achievement, considering the team was missing three recent Welsh Champions.

Like so many times this season, the endurance girls stole the show again. Even missing two Welsh Champions, they managed to secure maximum points in both the 800m and 1500m. In the 800m, it was Sofia Vella who romped home well clear of the field, having paced her race to perfection to win in a time of 2:36.40. Following close behind was Alisha Hayes, who won the B race to give Cardiff full points.

The 1500m provided by far the best race of the day! Abi Fisher and Annwen Gammon were locked together for the majority of the race and it was only in the final home straight that Abi managed to pull away to a new PB time of 5:03.33, taking more than 10 seconds off her previous best. Only a few meters behind was Annwen, who also ran a PB, with 5:06.27.

Maximum points, yet again, for the endurance girls, who will look to do the same in the Final.

Still on the track, the ever present Evie Poyner got the team started again with a very good 2nd place in the 1K Walk.

In the sprints, the girls had their best result of the year with a welcome return for Lana Culliford in the 100m as she grabbed a fantastic PB with 13.87s. Newcomer Megan Hodgson had a great start to her day, taking the other points for Cardiff, the girls finishing 4th and 5th overall. In the 200m, it was again Lana who was Cardiff's best, coming 3rd overall. Taking the other points was none other than Sofia Vella, dropping down to the 200m after her fantastic win earlier in the 800m.

There were completely contrasting fortunes in the hurdles. Lana, silver medallist at the recent Welsh Championships, clipped the second hurdle, finishing a poor 5th by her brilliant standards. It was left to debutante Megan Hodgson to step in, with a very good 12.81s for second in the A race. Megan Edwards ran the 200m for the first time this year, in a very good 31.60s, whilst Ella McCormack ran a very good 100m and 200m. An under strength 4x100m relay team managed a very good 3rd place.

In the field, the throwers grabbed their usual hatful of points. There were huge PBs for both Halle Meddick and Thea Willis in the Javelin, with Halle 2nd overall and Thea 4th. In the Shot as well, both girls had solid performances, with Thea this time 3rd and Halle 4th.

A good result in the discus too as Alice Cuddihee came out top for Cardiff, with a throw close to her PB. In the absence of the injured Bethan Gammon, it was twin sister Annwen who picked up Cardiff's other points in the discus.

In the High Jump, capping off a great debut in a Cardiff AAC vest was Megan Hodgson with a fantastic height of 1.30m and following very closely behind was Ellie-May Stonehewer with 1.25m. Ellie had earlier finished 3rd overall in the long jump, where Emma Hocking got Cardiff’s other points.

**Under 13 Boys**

**Athlete of the day: Daniel John.**

Like the girls, the Under 13 Boys also finished in 1st place overall. The smallest team this year, they managed to come out on top, despite missing so many….

Never has choosing the Athlete of the Day been easier as the winner had the best day of his season by far. Daniel John started his day with a fantastic run in the 100m in a time of 13.84s, making him Cardiff’s 3rd fastest athlete in this age group. This was made more remarkable by the fact that his best event was to come, the 800m. With Alfie Davies, they gave us the closest race of the day, as the two Cardiff athletes made a one-two for the team, separated by less than half a second. With the year 6 Daniel going sub-2:30 for the first time, in 2:27.44. Well done to both athletes for giving us a race to remember..! In the 1500m, Morgan James was slightly below his best but still gained a lot of points coming 3rd. Morgan had earlier finished in 3rd place in the Discus B competition, bagging more points in the process.

In the sprints, who else? Thomas Hanson and James Kennett got the points in both the 100m and 200m, with Thomas running a PB in the 100m in a time of 13.01s. He’ll be looking to cap off a brilliant season in the Final by going sub-13 seconds.

Earlier in the day Callum Russell showed what a team player he is by winning the 1K Walk and, in the process, earned his place in the WJL Final. The boys won the match by 14 points and Callum’s win in the 1K Walk was worth 16 points alone…!!! In the hurdles, Cameron Fisher put his hands up to cover for missing team mates and his 3rd place earned a further 12 points for Cardiff. Without the efforts of Callum and Cameron, this win would not have been possible.

In the field, it was almost complete domination in the throwing events, the boys getting 70 out of a maximum 72 points. In the javelin, it was Cardiff’s number 1 sprinter Thomas Hanson, who won the competition with a huge 30.66m throw. Jay Morse made it another Cardiff one-two, with a new PB of 24.04. In the discus, it was another Grade1 throw for Jay, making it four out four Grade 1 throws this year in the WJL. Jay wasn’t done yet! He went on to win the Shot Put with 8.28m. Right behind Jay was Morgan Jenkins, in his first competition in a Cardiff vest, the year 6 Morgan winning the B competition with a great throw of 7.58m.

It was a tough day in the jumping events with Jonathan Gibson and Oliver Cooper missing and an injury during practice to Adam Mohsin ruled him out of both the high jump and long jump. In the HJ, it was Cameron again who grabbed a huge amount of points finishing 3rd in the A competition. In the Long Jump it was an excellent debut for newcomer Thomas Vass who finished 2nd in the A competition, going over the 4 meter mark whilst Morgan Jenkins added to his tally by finishing 2nd in both the LJ and HJ B competitions.

Other successes included three PBS for Caerwyn Phillips, Huw Jones and Rhys Eames in the 1500m. The 4x100m relay team, missing two of its regulars, still came home in 2nd place.

As a final comment on both the Under 13 Boys and Girls: the win was only possible as a result of the number of athletes that filled in, in unfamiliar events, to cover for absent and injured team mates... Well done to all the Under 13s…., This was a great TEAM effort!!!

**Under 15 girls**

**Athlete of the day: Niamh Galton.**

Hereford 1, Hereford 2, Newport and now Cwmbran. Different venues, same result. 1st, 1st, 1st and 1st again…! The Under 15 Girls capped off a fantastic season, winning in Cwmbran by a mile, despite not fielding any athletes in the Walk or Pole Vault! This effectively meant starting the day on -48 points…

As for Athlete of the Day, it seemed harsh to choose one athlete when the team was so dominate everywhere. In the end, it was Niamh Galton, for her fantastic Grade 1 PB in the High Jump. Niamh now goes out expecting a PB every time she puts her spikes on and she still has ambitions of jumping even higher before the end of the outdoor season. Also in the HJ, and winning the B competition was long jump specialist Catrin Lord. Earlier in the day Catrin had been slightly below her best but still finished in 2nd place in the long jump; with Katy Green winning the B competition, to give Cardiff almost maximum points in the jumping events.

Still in the field, there was a fantastic Cardiff one-two in the shot for Sarah Omoregie and Tia Meddick, both with Grade 1 throws. Sarah set a great PB, throwing over 10m for the first time. Tia went one better in the javelin, winning a very close competition with an excellent 27.84m throw. In the hammer and discus, absentees meant that endurance runners Belinda Wallace and Amber Harding stepped in to get the points for the team in the discus, while Laura Coates and Elishka Coupar got the Cardiff points in the hammer.

On the track, yet again there were maximum points in the 75m Hurdles for the seemingly unbeatable Lauren Evans and Sarah Omoregie. There were maximum points too, in the 300m, for the equally dominant Bethan Register in a time of 45.20s, whilst Angel Powell’s 47.50s was good enough to win the B race.

In the sprints, an injured Rebecca Kennet was missed and Sarah Omoregie added to her points tally by take 2nd place in the 100m, whilst Bethan Register did likewise, taking 2nd place in the 200m. Catrin Lord, in the 100m, and Michaella Gulley in the 200m got the other points for Cardiff.

The endurance events also gave the team plenty of points. In the 800m, despite being slightly off their bests, Gwenno Waddington took 2nd place and Elishka Coupar 3rd. Similarly, in the 1500m, Amber Harding’s run was good enough to take 2nd place overall, whilst Belinda Wallace was only a whisker outside her PB, to win the B race.

A great first place in the 4x100m, the last race of the day, was the perfect end to a fantastic season… Well done to all…

We can now look forward to an even stronger showing in the WJL Final, in Brecon on the 15th September!!

**Under15 boys**

**Athlete of the day**:  **Owain Thomas Jenkins** – for his excellent throwing, not just in this but also previous fixtures.

With a depleted team going into this fixture, with so many of our athletes on holiday and our Team Manager Linda Exton having a well earned rest, it was great to see some less familiar names showing up with great performances in Cwmbran. Cardiff’s Under 15 boys completed their mission and finished in 1st place overall in their league with 1089 points.

Notable performances came from:

Rhodri Davies, who had a great performance, securing a win in the pole vault and attaining a grade 3 jump of 3.00m.

Jordan Fender had a brilliant win in the long jump, with a Grade 3 jump of 5.31m, as well as running well in the 300m, coming 3rd in a time of 40.20.

Joe Alder continues to have a great season, taking second place in the 800m in a grade 3 time of 2:12.15.

James Vincent smashed his PB in the high jump with fine jumping and a grade 4 jump of 1.54m finishing in 2nd place only on technicalities and gaining valuable points for the team.

Owain Thomas-Jenkins continues to impress with his throwing, winning and attaining a grade 3 throw of 40.20m in the javelin. He also came 2nd in the hammer, with a throw of 25.08m.

Matthew Cottington hit the track well, coming 2nd in both his 100m & 200m heats.  He also performed well in the discus, coming 3rd.  Closely following in the sprints was Jack Murray, running well and finishing 3rd in both of his heats for the 100 & 200m

We also had a fine win in the 300m with Iestyn Jones doing himself and the team proud, winning in a grade 4 time of 39.80.

Ieuan Jones continues his great track season where he is in fine form, finishing 2nd in the 1500m and bringing home more valuable team points.

Our U15’s boys’ relay, comprised of Joe Alder, Jamal Abdilahi, Jack Murray and Matthew Cottington, came 3rd.  Special thanks go to James Vincent for standing in at the last moment for the B team when we found out that our original relay runner had disappeared!

Thanks to our other young men, Matthew Pile, Josef Williams, Jamal Abdilahi, and Aeron Evans, for attending and being part of the team on the day and giving their best in everything they did.

As usual special thanks to those who entered events outside of their preferred disciplines but “had a go” for the benefit of the team.  All their efforts paid off!

A big “thank you” again also goes to all the parents who came forward to help out with official duties. Well done again!

We all look forward to the Cup Final now in Brecon on 15th September. We need to have our strongest team available and fill all of the events to attain the highest points total possible. There will be great competition; however we are more than capable of doing very well with a BIG team effort.

And from the club, many thanks to the team managers who have worked hard to look after these teams. Your contributions are gratefully appreciated.

[**Brave Rhys goes out**](http://www.cardiffaac.org/news/goodluckrhys.htm) **Tuesday 13 August 2013**

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

A bitterly disappointed Cardiff's Rhys Williams ended his World Championships 400m hurdles campaign today, finishing fourth in his semi-final and missing out on a place in the final.   
  
Drawn in the unfavourable lane eight and facing two of the favourites for the gold medal, Rhys ran a brave race but finished  in fourth place.

This was Rhys's third appearance at an IAAF World Championships, having competed in 2005 in Helsinki and 2009 in Berlin and the current European Champion is in the form of his life having improved his personal best, and club record, time to 48.84 seconds.

Cardiff AAC has a distinguished record at the IAAF World Championships, which were inaugurated in 1983, having been represented at every edition except one. These fine athletes were:

1983 (Helsinki):  Venissa Head  
1987 (Rome):  Colin Jackson, Nigel Walker and Angela Tooby  
1991 (Tokyo):  Kay Morley-Brown and Colin Jackson  
1993 (Stuttgart):  Colin Jackson  
1995 (Gothenburg): -  
1997 (Athens):  Jamie Baulch  
1999 (Seville):  Doug Turner, Jamie Baulch, Paul Gray and Colin Jackson  
2001 (Edmonton):  Christian Malcolm, Paul Gray and Jamie Baulch  
2003 (Paris):  Christian Malcolm  
2005 Helsinki):  Christian Malcolm, Tim Benjamin and Rhys Williams  
2007 (Osaka):  Tim Benjamin and Christian Malcolm  
2009 (Berlin):  Rhys Williams  
2011 (Daegu):  Christian Malcolm

World Championship medals have been won by Colin Jackson, Jamie Baulch and Christian Malcolm.

[**Sunday morning reminder**](http://www.cardiffaac.org/news/sundaymorningreminder.htm) **Thursday 8 August 2013**

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

The third and final of the Sunday morning Cardiff AAC informal competitions for this year will be held on Sunday next, 11th August, at the Cardiff International Sports Stadium. The first two were successful and more than 50 athletes took part in each.

Registration is from 10.15 to 10.30 and the first event is at 10.45. The final event is at 12.00.

All under 11, under 13 and under 15 athletes are encouraged to take part as this is a great way to experience competition without too much pressure.

See the attached [**INFORMATION SHEET**](http://www.cardiffaac.org/files/Open%20meeting%20flyer.pdf) for more information, including the timetable of events.

We also need parents to help with officiating. It is not difficult and help and advice will be readily available from experienced club officials if necessary. Why not give it a try? - you will find it surprisingly rewarding.

[**Improvement not enough**](http://www.cardiffaac.org/news/improvedperformancenotenough.htm) **Thursday 8 August 2013**

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

Cardiff's UK Women's Athletic League team produced a much improved performance in the third and final match of the series on Sunday last, 4th August, at Kingston but narrowly failed to maintain its place in Division one.

After arriving late at the stadium because of extensive road closures in the area, the team achieved its best result of the season, finishing in fifth place on the day and only one point behind sixth placed Wigan and District H overall.

Cardiff's individual event winners were Emma Pullen (400m A),  Emily Brown (2000m s/c A) and Rhiannon Linnington-Payne (400mH A). As usual, other athletes took part in several events to secure valuable points.

**The match result was:**  
  
1.  Thames Valley Harriers (232 points)  
2.  Crawley AC (198)  
3.  Enfield & Haringey AC (190)  
4.  Southampton AC (184)  
5.  Cardiff AAC (165)  
6.  Woodford Green & Essex Ladies (162)  
7.  Herne Hill Harriers (148)  
8.  Wigan & District H (106)  
  
**The overall league positions are:**

1.  Thames Valley Harriers (23 league points)  
2.  Southampton AC (19)  
3.  Enfield & Haringey AC (19)  
4.  Crawley AC (16)  
5.  Woodford Green & Essex Ladies (9)  
6.  Wigan & District H (8)  
7.  Cardiff AAC (7) - relegated to Division 2  
8.  Herne Hill Harriers (7) - relegated to Dvision 2

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/UKWAL%203%202013.pdf)

[**Multi event PBs at Stoke**](http://www.cardiffaac.org/news/multieventpbsatstoke.htm) **Tuesday 6 August 2013**

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

Five Cardiff athletes contested the England Athletics combined events championships at Stoke last weekend, 3rd and 4th August, three setting personal best scores as well as individual event bests.

Star performer was David Omoregie (17) who set a personal best score of 6723 points in the under 20 decathlon championship to take the silver medal and jump to 3rd place in the latest UK rankings, alongside his No. 1 position in the 110m hurdles.

Lauren Evans set a personal best of 2786 for the under 15 women's hexathlon and Claire Taylor set a best of 3911 for the under 17 women's heptathlon. Francis Baker came close to his personal best with 6984 (including an excellent high jump pb of 2.04m) for the senior men's decathlon but Curtis Matthews was unable to complete the ten events.

Numerous individual event personal bests were set; with David Omoregie high jumping 1.92m and throwing the javelin 42.97m; Lauren Evans' javelin pb of 18.58m; and Claire Taylor' three PBs (javelin 20.63m, high jump 1.57m and 200m 27.32).

**The individual performances were:**

**David Omoregie (6,723):**  100m 10.91w; long jump 6.73m;  shot put 12.22m;  high jump 1.92m;  400m 51.13;  110mH 14.11;  discus 32.77m;  pole vault 4.00m;  javelin 42.97m;  1500m 5:19.00.

**Francis Baker (6,984):**  100m 11.38; long jump 6.41m;  shot put 11.71m;  high jump 2.04m;  400m 50.81;  110mH 15.31;  discus 32.66m;  pole vault 4.20m;  javelin 50.26m;  1500m 4:41.70.

**Claire Taylor (3,911):**  80mH 12.34;  shot put 7.83m;  high jump 1.57m;  200m 27.32;  long jump 4.95m;  javelin 20.63m;  800m 2:43.27.

**Lauren Evans (2,786):** 75mH 12.16;  shot put 7.59m;  high jump 1.45m;  long jump 4.80m;  javelin 18.58m;  800m 2:54.20.

**Curtis Matthews (DNF):**  100m 11.45; long jump 6.34m;  shot put 11.86m;  high jump 1.86m;  400m 52.52;  110mH 16.69;  discus 42.50m.

[**Terrific trio clinch title**](http://www.cardiffaac.org/news/magnificentthreeclinchtitle.htm) **Tuesday 6 August 2013**

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

The new format Welsh League concluded in Colwyn Bay on Sunday last, 4th August, and Cardiff AAC topped the men's and overall tables with Cardiff's women second.

Cardiff's "team" consisted of James Thie, Alex Donald and Sue Hooper; James contesting the 100m, 200m and 400m whilst Alex took part in the 3000m and javelin (!) and Sue the 200m and 400m.

The "thrilling three" scored enough points between them to take second place on the day and the overall series title.

**The final positions were:**

**Men:**  
1.  Cardiff AAC (61 league points)  
2.  Barry & Vale H (53)  
3.  Swansea H (44)  
  
**Women:**  
1.  Bridgend AC (60)  
2.  Cardiff AAC (57)  
3.  Swansea H (41)  
  
**Combined:**  
1.  Cardiff AAC (61)  
2.  Bridgend AC (49)  
3.  Barry & Vale H (47)

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/W%20Lg%20Aug%202013.pdf)

With so few South Wales athletes willing to travel to North Wales, and vice versa, perhaps Welsh Athletics should re-consider the event's format, at least from the geographical point of view.

[**Games record for Harry**](http://www.cardiffaac.org/news/gamesrecordforharry.htm) **Sunday 4 August 2013**

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

Cardiff's Harry Hillman (14, pictured with Ryan James) ran brilliantly to win the under 16 boys' 100m hurdles in a Games record time of 13.65 seconds at the Celtic Games held yesterday (3rd August) in Colwyn Bay. Versatile Harry's performance was particulary good as it was achieved into a -1.3 m/s headwind.

In generally blustery conditions other Cardiff AAC winners for Wales were Ryan Lee (under 18 400m in 48.36) and Kristian Jones who was deprived of a big personal best 10.97 in the under 16 boys' 100m by a +2.4 m/s following wind.

[**Senior men back at the top**](http://www.cardiffaac.org/news/seniormenbackatthetopx.htm) **Sunday 4 August 2013**

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

Cardiff's senior men's team clinched promotion back to the Premier Division of the British Athletics League in Liverpool yesterday, 3rd August.

With promotion already assured and despite having only one winner (Carl Hill in the 800m A race), the all-round team performance was sufficient to gain fourth place on the day and second over the four match series. The day finished on a high note with Cardiff winning both the 4x100m and 4x400m relays.

Cardiff will join City of Liverpool Harriers in the top flight of British club athletics to take on the likes of Shaftesbury Harriers, Birchfield, etc.

Many congratulations to team manager James Williams and the whole team.

Team Manager James Williams writes:

*Cardiff AC Senior mens team clinched promotion back to the Premier Division of the British Athletics League by finishing 2nd in the League behind Liverpool. On a difficult day in Liverpool, with many athletes missing, and extremely tough conditions, the team knew that as long as they didn't finish last and WSEH won, then they would be promoted.*   
  
*On the day,the team only had one individual winner - Carl Hill ran an extremely gutsy race to win the A 800 - only 0.1 of a second separating the top 3! He also managed a strong showing in the 1500 just an hour later, he was well supported by Mr BAL James Mills, who also did both 800 & 1500.*   
  
*Gwynant Jones made his BAL debut in the 3000m, backing up Mike Kallenburg who ran another solid sub 9 time. Tom Marley decided to take on the 3000m steeplechase, with his first attempt likely to be his last, conceding that he thinks he will stick to the flat - no surprise considering he had won the 800 and the 1500m in the last 2 BALs.*   
  
*In the sprints, strong headwinds meant that fast times were hard to come by, Dewi Hammond and Sam Gordon both finishing 2nd in the 100m, with Lemarl Freckelton and Rhys Knapman battling hard in the 200m. All 4 men came together to dominate the 4x100m relay - winning in impressive fashion in a  time of 41.47. Not to be outdone the Mens 4x400 also stormed around to win in a time of 3.14.81. The team of Gareth Hopkins, Iain Bray, Dan Dell and Paul Bennett all had solid days in their individual events too.*   
  
*In the field, Matt Richards has enjoyed a good first year as a Cardiff athlete - in Liverpool he threw his 5th Commonwealth Games B standard to finish 2nd in 63.21.*   
  
*Stephen Guest had to deal with a narrow landing area and a strong wind, but managed a 1.95 clearance for joint 3rd. And other field success came in the form of Matt Field who came 2nd in the shot, and Adam Williams who finished 3rd in the Triple Jump.*   
  
*A fantastic year for the team who had cemented their Premiership spot with some very strong performances throughout the summer - especially the victory in the home match in May. With the team being much stronger than the one that competed in the Premiership 2 years ago, hopefully the team can now look to make themselves a permanent fixture in the top Division.*

**The match result was:**

1.  City of Liverpool H (369.5 points)  
2.  Glasgow City (314)  
3.  Windsor Slough Eton & Hounslow AC (290)  
4.  Cardiff AAC (290)  
5.  Thames Valley H (267)  
6.  Kent AC (240)  
7.  Basingstoke & Mid Hants AC (223)  
8.  Southend AC (186.5)

**The final positions after four rounds are:**

1.  City of Liverpool H (31 points)  
2.  Cardiff AAC (26.5)  
3.  Glasgow City (21.5)  
4.  Windsor Slough Eton & Hounslow AC (21)  
5.  Thames Valley H (17)  
6.  Kent AC (15)  
7.  Basingstoke & Mid Hants AC (7)  
8.  Southend AC (5)

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/BAL%204%202013.pdf)

## [Games record for Harry](http://www.cardiffaac.org/news/gamesrecordforharryx.htm) Sunday 4 August 2013

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

Cardiff's Harry Hillman (14, pictured with Ryan James) ran brilliantly to win the under 16 boys' 100m hurdles in a Games record time of 13.65 seconds at the Celtic Games held yesterday (3rd August) in Colwyn Bay. Versatile Harry's performance was particulary good as it was achieved into a -1.3 m/s headwind.

In generally blustery conditions other Cardiff AAC winners for Wales were Ryan Lee (under 18 400m in 48.36) and Kristian Jones who was deprived of a big personal best 10.97 in the under 16 boys' 100m by a +2.4 m/s following wind.

The under 18 women's javelin was won by Tasia Stephens (competing as a guest) with a throw of 38.76m.

To view the full results click on [**RESULTS**](http://www.cardiffaac.org/files/2013%20celtic%20games%20results.pdf).

## [Cardiff's International winners](http://www.cardiffaac.org/news/cardiffwinnersatinternational.htm) Thursday 1 August 2013

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

Numerous Cardiff athletes took part in the Welsh Athletics International at the Cardiff International Sports Stadium last night, 31 July.

One of the best performances of the evening was Mica Moore's determined run to win the senior women's 100m, edging into second place Wales' Commonwealth Games representative Elaine O'Neill.

In the Ann Hill memorial one mile, Tom Marshall was a close second, narrowly missing the four minute barrier in a personal best (outdoor) time of 4:01.04 (he has a slightly faster indoor time).

Included in the programme were age group 3000m Welsh Championships and these brought four medals to Cardiff athletes.

Jake Heyward had a convincing win in the under 15 boys' event, smashing his personal best and setting yet another club record with a time of 9:14.88 to go fifth in the UK rankings. Gwynant Jones also set new personal figures to win the under 20 championship in 8:56.79. Emily Brown took silver in the senior women's race, Rebecca Evans also took silver in the under 20 women's category and Elishka Coupar took bronze in the under 15 girls'.

Cardiff's individual winners in the international events were: Mica Moore (SW 100m);  Emma Pullen (SW 400m A race);  Louise Jones (SW 400m B race);  Gareth Warburton (SM 800m);  Gary White (SM triple jump).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/WA%20International%202013.pdf)

## [Juniors slip to Premier 2](http://www.cardiffaac.org/news/juniorssliptopremier2.htm) Friday 26 July 2013

[](http://www.cardiffaac.org/news/juniorssliptopremier2.htm)

Despite some valiant performances on their home track yesterday, 29th July, Cardiff's National Youth Development League (under 20 and under 17) team finished in fifth place. Along with Cheltenham & County Harriers, Cardiff will hope to regain its place in the Midlands Premier 1 division next year.

Normal summer weather conditions returned with several torrential downpours interspersed with warm sunshine and blustery wind.

Cardiff produced numerous good performances and event winners but could not overcome the big gaps in the team.

David Omoregie, fresh from his outstanding peformance in the European Junior Championships in Rieti and preparing for a decathlon next weekend, ran a personal best 50.47 to win the 400m B race. Elliot Slade, David's room-mate in Rieti, contested the A 400m and took second place in 50.00.

Elsewhere, Jamaul Whyte produced his best high jump (1.88m) for a couple of years to win that event; after turning out in the 400m hurdles and before anchoring the 4x100m sprint relay squad.

Double wins were achieved by Matteo Holmes (Hammer B and Javelin B), promising sprinter Melissa Roberts (under 17 200m and 300m) and Bethan Hill Howells (Long Jump & Triple Jump). Ciaran Lewis was a convincing winner of the under 17 1500m steeplechase after coming third in the 800m as well as turning out in the shot put for points. It was good to see Ellie Atkinson return to winning ways in the 1500m and reliable Tasia Stephens won the javelin.

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

**Under 20 Men:**  Sam Gordon (100m A);  Ryan Lee (200m A);  David Omoregie (400m B);  Jacob Preece (800m B);  Sam Longville (1500m B);  Gwynant Jones (300m B);  Jac Palmer (Hammer A);  Matteo Holmes (Hammer B and Javelin B);  Ryan Leonard (Javelin A);  Matt Field (Shot Put A);  Jamaul Whyte (High Jump A);  David Callan (Pole Vault A);

**Under 17 Men:** Kristian Jines (100m);  Ciaran Lewis (1500m s/c).

**Under 20 Women:**  Tasia Stephens (Javelin A);  Bethan Hill Howells (Long Jump B & Triple Jump B);  Megan O'Sullivan (Triple Jump A).

**Under 17 Women:**  Melissa Roberts (200m & 300m);  Ellie Atkinson (1500m).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/UKDL%2028%207%202013%20Cardiff.pdf)

## [TRACK CLOSURE](http://www.cardiffaac.org/news/trackclosurex.htm) Wednesday 24 July 2013

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

The track at Cardiff International Sports Stadium will be closed next Monday, 29th July, to enable essential repairs to the track surface to be carried out.

The stadium apologies for the inconvenience to users but says that the Astro Turf area will be available if athletes wish to use it.

## [Juniors on course to final](http://www.cardiffaac.org/news/juniorsthroughtofinal.htm) Tuesday 23 July 2013

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

Cardiff's Welsh under 15 league team will expect to qualify for the Welsh final in Brecon on 15th September.

The third round of four of the East division was held in Newport last Saturday, 20th July, and Cardiff scored 1228 points, a mere 37 behind Cardiff Archers.

The final qualifying round will be held in Cwmbran on 18th August.

The weather in Newport was a mix of cloud and sun which was a welcome relief for the 357 athletes competing and, despite a number of athletes being absent due to their holidays and other fixtures, we still had 91 competing for Cardiff.

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/W%20U%2015%20league%20July%202013.pdf)

The team managers report as follows:

**Under 11 girls:**

**Athlete of the day:**  Eryn Oakley (because despite her nerves prior to the 800m, she bravely stepped up and ran amazingly well, and overall had a great day).

With the school holidays arriving and the heat wave taking over, summer took off in grand style for our ever-improving U11’s team.  Although we were a little thin on the ground with only 15 athletes taking part, each young athlete was up for the challenge and did themselves and the club proud.  What a day it was on this the third fixture of the WJL in Newport, where we continue do very well currently standing 3rd out of 8 teams in the U11 league, and gaining ground on the top 2 all the time!

Our young lady sprinters took to the track to start the day with Emmanuella Kone, Scarlett Russell and Catrin Hocking continuing to impress with the way they hit the track, confidence being gained in every stride.  A special mention and welcome to Bethan Jones who took part in her first competition, running a great race in the 75m, well done Bethan.  Later in the day Rosie Perkins and Juliet Nottingham also ran great races in the 150m.

Our middle distance girls were Eryn Oakley and Elen James, and what a great job they did.  A daunting task lay ahead for the young ladies in the heat of the day with a strong wind which didn’t help.  Both girls were very brave and finished in style

Cassey Grimwade followed the family trait of excelling in the throwing events winning the shot and coming 2nd to our other throwing star Scarlett in the Javelin beating 17 others!  We must also mention Emmanuella who also finished 3rd in the shot. What an amazing few throwers we have .

Our jumpers were out in force, all doing really well, learning with every leap they took, with Scarlett again shining coming 6th flying to 3.10m.

Unfortunately with a few late casualties with the relay we were only able to enter one girls’ team, who all ran their little socks off, completing a very successful day for our girls.

**Under 11 boys:**

**Athlete of the Day:** Sam Woods  (due to his amazing debut, doing so well in all the events he took part in, especially the long jump).

Our 6 warriors went into battle, with Sam Woods & Louis Bellamy making their competition debuts in style, certainly two young dudes to look out for in the future!

Alex Kulkarni led the way again with some fine sprinting, finishing 3rd in his 75m heat and 2nd in his 150m heat….great running Alex.  Finishing his 75m in a great time of 11.26 was Sam,.  The 150m were brand new events for Ben Vincent & Carwyn Hastings, and they showed that not only are they middle distance athletes but they also knows how to speed it up for a shorter distance too, well done guys.  Carwyn smashed his 800m PB getting 2.49, Ben Vincent also has his big brother James in his sights with his ever improving middle distance times. Louis bravely stepped up to his first 800m, a learning experience but hey he bounced back in the open meeting in Leckwith on Sunday morning finishing his 600m with a big beaming smile on his face!!

Superstar Sam won the long jump, an amazing result for our newcomer and what we believe to be the first win for a Cardiff U11’s boy in this year’s fixtures, a great achievement.  Also leaping great distances were Louis, Carwyn and Matthew.

Matthew Haughton continues to be a great member of the team trying his very best with everything he does with Javelin and Shot putt…well done Matthew, keep up the good work.  Some good throwing also from Alex, Louis and Ben.

Our boy’s relay consisting of Ben , Carwyn, Alex and Louis again proved to be very strong and came in 3rd, only 3 seconds behind the winners….next time boys we can win it !!

Overall a very successful day with our biggest U11 points tally of the season!  Great individual performances,  lots of brave displays and some great debuts.  All 15 were  superstars ,with lots of enjoyment and smiles throughout the day

We’re so proud of you all.

Many thanks to all the parents who helped with officiating.

Mark and Jo

**Under 13 girls:**

**Athlete of the day:** Bethan Gammon (Discus)

An under strength girls team, had to look for new names to get the points. A couple of decisions that went against us denied the girls what would have been a hard earned victory...

But, we'll start with the positives, of which there were many, none more so, than Bethan Gammon. Throughout the whole season, Bethan has earned this club a huge amount of points, in Newport, she was to have her best day so far! A poor Shot Put, by her standards, seemed to inspire Bethan in her next event.  In the Discus,  not one but two PBs. Her 2nd round throw of 19.27m was not only a PB, but was enough to win the competition. But, she wasn't done yet! In her final throw, Bethan watched the Discus fly away to a fantastic 21.88m, adding more than 3 meters to her previous best. A distance that would've given the under 15 girls a run for their money!

Bethan's day was to get even better.  In the Javelin, saving the best for her last throw of the day, she gained a new PB.  This throw saw Bethan inch her way closer to the 20m mark with 19.51m.

Others too had a good day, in the Throwing events. Thea Willis continued her good form. In the Shot, Thea was almost at her best, to take 2nd place. A solid performance in her first Discus competition was followed by yet another good Javelin throw, which was 2cm off her PB. More success came from Alice Cuddihee. A fantastic start in the Shot, saw Alice hit a PB of 7.05m in her first throw of the day. She was to go on to get another PB, 16.31m throw, which meant maximum points for Cardiff, in the Discus.

Along with Bethan, Thea and Alice, newcomer to the club, Halle Meddick made a name for herself in the Javelin. An almost 5m improvement of her previous best, a huge 21.89 saw Halle take 3rd place in a very good Javelin competition.

Business as usual for the endurance girls! In the 800m, Abigail Fisher dropped down from her usual 1500m, to take a few more seconds off her PB and take 2nd place. Right behind her was team mate Annwen Gammon, giving Cardiff a 2nd and 3rd place.  Even better in the 1500m, Sofia Vella teamed up with Lucy Dennis, to gain maximum points. Despite being slightly below her best, Lucy won this race comfortably, with Sofia 2nd. In fact Kiara Frizelle, made it a Cardiff, 1-2-3.

With Lana Culliford and Jessica Wadey missing, the sprint events saw new names get the points. The ever improving Renee Moore won her 100m heat, comfortably with a PB of 14.02s. In the next heat, Megan Edwards had a great run to produce a huge new PB of 14.15s. In the 200m, Issie Tustin again ran under 30 seconds, whilst Ella McCormack, in her first competition for the club, got Cardiff's other points, with a very good 31.41s.

In the hurdles too, Lana's absence was felt. Sofia Vella stepped in to take 3rd in her heat, with Catrin Jones, in her first competition for Cardiff, getting the other points.

There were contrasting fortunes in the Jumping events. In the Long Jump, after a great 100m run, Renee Moore produced a huge PB of 4.38m. Elli-May Stonehewer  followed a PB in the 100m with another PB here, to earn the club a lot of points. In the High Jump, however, Cardiff had a day to forget.  With Ellie-May having a rare bad day, it was left to endurance runners Annwen Gammon and Kiara Frizelle, to get the points for Cardiff.

Two decisions, in the first and last event of the day, marred what was otherwise a great day. In the 1K Walk, a great debut by Catrin Jones, to take 2nd place with a very good time. The race was somewhat spoilt for us by the decision to disqualify team mate Evie Poyner.

In the last event of the day, the 4x100m, the girls were also disqualified.

The match in Newport, more than anything proved, the strength in depth of the Under 13 girls team. With huge points across all events and in the absence of some keys names, it was a great effort by the girls who were there, especially the numerous new names that competed for the first time. Well done all...

**Under 13 boys:**

**Athlete of the day:** Thomas Hanson (100m, 200m, Shot & 4x100m)

Like the girls, some notable absentees, saw the boys come 2nd in their age group.

We’ll start with the athlete who really stood out. Thomas Hanson started the day, by winning the 100m with a time just outside his PB. He then put away his sprints spikes, donned on a pair of flats, and had a great series of throws in the Shot Put. His winning throw of 8.50m, took  him close to his personal best. However, two wins were not enough, with sprint spikes back on for the 200m he was going for a  3rd. Thomas won the 200m by huge gap, recording a new PB along the way, in a time of 26.57s.

But, as we all know, he wasn’t finished yet! He then team up with the 4x100m boys. The team that held the UK number 1 spot last week, were back together again. The team of Thomas Hanson, Thomas Britt, Jonathan Gibson and James Kennett, had the Welsh Junior League record in sight. Strong winds late into the afternoon denied them that opportunity as they came within half a second of that record.

Earlier, James Kennett helped Thomas Hanson  to gain Cardiff maximum points in both the 100m and 200m. With James getting new PBs in both, going under 28 seconds for the first time in the 200m. Thomas Britt, lined up in the 75m Hurdles for the first time in Newport and came away with a great 3rd place, with a Grade 3 time of 13.96s. Hurdles specialist Huw Ward took the other points, and a big PB of 15.01s.

With Tomi, Alfie and Daniel John missing, the endurance boys struggled. In the 800m, Max Long and Rhys Eames did very well to step in to cover their missing team mates. In the 1500m, the ever popular Morgan James took a very good 3rd place, despite being a bit below his best. Getting the other points was Callum Russell , who will look back on a very good debut competition.

In the field, Jay Morse produced another Grade 1 performance in the Discus, to get another win under his belt. Callum Russell did very well to get the other points. Later in the day Jay helped Thomas Hanson to get a Cardiff 1-2 in the Shot. He also found himself taking part in the 4x100m, and did very well to help Cardiff’s 2nd Relay team take a very good 4th place. In the Javelin Thomas Britt made it 3 events, 3 PBs, with an excellent 23.85m. Jay Morse also added to his points tally, by winning the Javelin B competition.

As for the Jumps, three names that we can always rely on. In the High Jump a below par Adam Mohsin won the competition with a modest 1.35m, with Oliver Cooper jumping well again. A jump of 1.30m gave the boys maximum points in the HJ. The Long Jump produced one of the biggest PBs in the boys’ team.  Consistent as ever, Jonathan Gibson followed up last week’s great PB  with an even bigger jump in Newport. Adding 15cm to last week’s performance, his jump of 4.67cm was good enough to take him to number 2 in Wales, just behind former Cardiff AAC athlete Daniel Murathodzic. Adam was 4th in the Long Jump to get the points with Jonathan.

With a full squad, there is no doubt that the boys will be out to impress in the next match. In the Final they will look to prove that they are the best team in Wales across all events.

**Under 15 girls**:

**Athlete of the day:** Rebecca Kennett

Yet again another great performance from Cardiff’s Under 15 girls, taking 1st place in their age group with 278 points.  Notable performances were from:

Rebecca Kennett, who displayed a strong performance, secured a double 1st in both the 100m and 200m, attaining a grade 3 time of 13:13 for the 100m in the process.

Catrin Lord came 2nd in the 100m, with a new PB of 13:14. Catrin also came 2nd in the Long Jump, with a great grade 2 jump of 4.95m and 3rd in the 75mh, attaining grade 4 time of 12:91.

Despite being still under par, Caitlin Exton, came 3rd in the 300m.

Lauren Evans displayed excellent form with a grade 1 time of 11:97, which secured a win in the 75mh. Lauren also picked up points for the long jump and came 3rd in the High Jump to Niamh Galton who took 1st place, attaining a grade 2 jump of 1.52m.

Katy Green attained a new PB in the long jump with a grade 4 jump of 4.52m.

In the 800m Amber Harding was back on form and gave a strong performance to secure 2nd place. Amber also picked up points in the Discus.

Elishka Coupar had another successful day, taking 1st in the 1500m with a grade 3 time of 5:00:71. Elishka also gained points with a 3rd in both the Hammer and Javelin.

Ellan Evans was 2nd in the Hammer with a grade 4 throw of 24:59m. Ellan was also 3rd in the Discus and picked up points for the team in the Shot Put.

After a disappointing javelin and 100m, new comer to the team, Tia Meddick, had a great grade 1 throw of 10:06m in the shot put which secured 1st place for the team.

Our U15 girls won the 4x100 relay with the team comprising Lauren Evans, Rebecca Kennett, Catrin Lord and Sarah Omoregie.

Other points scorers were: Nia Moore (7th) in 200m, Angel Powell (6th) 300m, Bethan Evans (6th) 800m, Rhian Jones (4th) 1500m, Elin Glaves (4th) Javelin

**Under 15 Boys:**

**Athlete of the day:** Harry Hillman

Another great performance from our Cardiff’s Under 15 boys who also took 1st place with 296 points. Notable performances came from:

Daniel McKerlick, started the day off with a 1st in the 1K walk. Many thanks to Daniel for stepping in to do this event. Daniel also picked up points for the team in the discus

Harry Hillman, who in his debut performance in the Pole Vault, not only won the competition, but set a new league record with grade 3 jump of 3.20m. Harry then went on to win the Long jump with a new PB and grade 1 jump of 6.08.  He also had a convincing win in the 80mh with another PB and a grade 1 time of 11:23, maintaining his number 1 ranking in the UK!

Rhodri Davies secured 2nd place in the pole vault attaining a grade 4 jump of 2:80m and Jasper Hawkins also jumped well securing 3rd place.

Joseff Williams gained a new PB and grade 4 jump of 5:12m in the long jump to take 2nd place for Cardiff.

Sam Wink came 2nd in the 200m with a grade 4 run of 25:07 and also picked up points with a 4th place in the 100m.

Charlie Pegrum ran well in the 80mh in a grade 3 time of 12:68 which secured him 2nd place. Charlie also came 3rd in the High Jump with a grade 3 jump of 1:59m and gained points for the team in the 100m.

Joe Alder stormed through to take 1st place in the 800m in a grade 3 time of 2:12:19. Joe also picked up points for the team in the 200m with a grade 4 time of 25:49.

James Vincent had another good run in the 1500m bringing home 2nd place and valuable points for the team.

Owain Thomas-Jenkins made it a double 1st in the shot put and Javelin, attaining a grade 3 throw of 37:02m in the javelin. He also came 2nd in the hammer, with a grade 4 throw of 30:03m, to Kieran Grimwade who came 1st with a grade 4 throw of 31:96m. Kieran also picked up points for the team coming 3rd in the discus and Javelin.

 As with the girls our U15 boys relay came 1st comprising Sam Wink, Harry Hillman, Joe Alder and Charlie Pegrum.

Other points scorers were:

Stephen Jones (5th) 300m, Jamal Abdilahi (6th) 300m and (6th) 800m, Callum Stone (4th) 1500m, Deio Hughes (4th) High Jump and (7th) Shot.

I would also like to take this opportunity to thank all our athletes for a great day of competition. Special thanks to those who entered events outside of their preferred disciplines but “had a go” for the benefit of the team. All their efforts paid off!

A big “thank you” also goes to all the parents who came forward to help out with official duties. Without volunteers the competitions cannot take place.

Well done again!

Linda Exton

**NB:  In order for us to win the League Final in September we are going to have to fill all events including events such as the 1K Walk.  So if any of the U15s who are not middle distance runners are prepared to help out with this event please can you contact Linda.**

## [SIAB results](http://www.cardiffaac.org/news/siabresults.htm) Monday 22 July 2013

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

Cardiff AAC supplied ten athletes for the Welsh Schools team that travelled to Morton Stadium, Santry Park in Dublin for the annual SIAB schools international on Saturday last, 20th July.

The best performances came from John Cove (pictured) who took third place in the 1500m, Tasia Stephens who was third in the javelin with a season's best and Jake Heyward (a late replacement for Dafydd George and still only 14) who set a personal best and under 15 club record of 1:59.93 in the 800m. Altogether, there were six personal bests, one season's best, two individual bronze medals and two relay medals (silver and bronze).

All the athletes performed really well after surviving the long journey to get there (which started at 5.20am on Friday morning) and were a credit to their club and country.

It was an extremely hot day during which the stadium provided water and sponges for the athletes competing over 3000m and there was very little shade with only occasional breeze. The performances were as follows;

**Girls 300m** – Melissa Roberts 5th with a PB of 40.50

**Girls 800m** – Kate Seary 5th with a PB of 2:12.66

**Girls Javelin** – Tasia Stephens 3rd in a seasons best of 41.29m

**Boys 100m** – Kristian Jones 5th  in 11.27

**Boys 800m** – Jake Heyward 7th with a PB of 1:59.93 (and an under 15 boys' club record)

**Boys 1500m** – John Cove 3rd in a time of 4:02.66

**Boys 100m Hurdles** – Kristian Jones 6th with a PB of 14.38

**Boys 400m Hurdles** – Ryan James 5th with a PB of 56.87

**Boys 1500m Steeplechase** – Ciaran Lewis 4th with a PB of 4:32.74

**Boys High Jump** – Tom Trotman 6th with a best jump of 1.80m

**Boys Triple Jump** – Gage Francis 7th with a best jump of 12.58m

**Boys 4x100m relay** - which included Kristian Jones - 2nd

**Boys 4x400m relay** - which included Ryan James – 3rd

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/SIAB%202013.pdf)

[**World Record for Aled**](http://www.cardiffaac.org/news/goldandworldrecordforaled.htm) **Sunday 21 July 2013**

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

Aled Davies has struck gold again and set a new world record of 14.71m in winning the category F42 shot put at the IPC (International Paralympic Committee) world championships in Lyon, France.

Aled, who won gold and bronze medals at the 2012 Paralympic Games in London, broke his own world record. He will be competing again in the F42 discus on Tuesday.

Congratulations to Aled and good luck for the double on Tuesday.

## [Euro fifth for David](http://www.cardiffaac.org/news/davidthroughtoeurofinal.htm) Saturday 20 July 2013

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

Despite another excellent run, Cardiff's David Omoregie missed out on the medals, finishing 5th in the final of the European Junior Championships 110m hurdles in 13.49 seconds, close to the personal best he had set in the first round.

David had run superbly to qualify for the final at the Championships being held in Rieti, Italy.

David (17) was timed at a new personal best time of 13.45 in the first round, a time that is only one hundredth of a second off Colin Jackson's under 20 club record and takes him well clear at the top of the current UK rankings.

Well done David.

Unfortunately, Elliot Slade missed out on a place in the semi-final of the 800m.

## [Don't forget Sunday](http://www.cardiffaac.org/news/donyforgetsunday.htm) Thursday 18 July 2013

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

The second of the Sunday morning Cardiff AAC informal competitions will be held on Sunday next, 21st July, at the Cardiff International Sports Stadium. The first one was successfully held on 16th June and, despite poor weather, more than 60 athletes took part.

Registration is from 10.15 to 10.30 and the first event is at 10.45. The final event is at 12.00.

All under 11, under 13 and under 15 athletes are encouraged to take part as this is a great way to experience competition without too much pressure.

See the attached [**INFORMATION SHEET**](http://www.cardiffaac.org/files/21ST%20JULY%20A4%20FLYER.pdf) for more information, including the timetable of events.

We also need parents to help with officiating. It is not difficult and help and advice will be readily available from experienced club officials if necessary. Why not give it a try? - you will find it surprisingly rewarding.

## [Round up](http://www.cardiffaac.org/news/roundup.htm) Thursday 18 July 2013

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

Cardiff's team of Alex Hains (missing from the photograh), Chris Moss, Elsidig Ibrahim and Mike Kallenberg were easy winners of the Cosmeston relays on Wednesday, 17th July.

The same day, Rhys Williams shaved a further 100th second off his personal best time, clocking a new club record of 48.84 for the 400m hurdles in Luzern, Switzerland. Rhys was narrowly beaten into third place but was ahead of sixth placed Johnny Dutch (USA) who is currently ranked second fastest in the world.

Earlier in the month (7th July), Anna Lawson was part of the Welsh team that took part in the 10th World Mountain Running Association Youth Cup in Gap, South of France.

This weekend ten Cardiff AAC athletes are travelling to Dublin as part of the Welsh Schools team taking part in the annual international match against Scotland, England and Ireland.

The ten are Kristian Jones, Jake Heyward, John Cove, Ryan James, Ciaran Lewis, Tom Trotman, Gage Francis, Melissa Roberts, Kate Seary and Tasia Stephens. Good luck in Ireland.

## [Cardiff juniors finish in style](http://www.cardiffaac.org/news/cardiffjuniorsfinishinstyle.htm) Saturday 13 July 2013

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

Cardiff's National Youth Development League team (under 13 and under 15) completed its 2013 campaign in fine style by winning the fourth and final fixture today at Cardiff International Sports Stadium.

In sweltering conditions, Cardiff amassed 534 points, to finish 19 points clear of second placed, Welsh rivals, Swansea Harriers.

Cardiff ends the series in third place, behind first placed Rugby & Northants and second placed Swansea and ahead of Midlands champions Birchfield H.

**The match score was:**

1.  Cardiff AAC (534)  
2.  Swansea H (515)  
3.  Rugby & Northants AC (492)  
4.  Birchfield H (434.5)  
5.  Notts AC (350)  
6.  Bristol & West (312.5)

**The final league position, subject to official confirmation, is:**  
  
1.  Rugby & Northants AC  (22 league points)  
2.  Swansea H  (20)  
3.  Cardiff AAC  (16)  
4.  Birchfield H (14)  
5.  Noltts AC  (8)  
6.  Bristol & West AC  (4)

**Cardiff's individual winners were:**  
  
**Under 15 Boys:**  Matthew Cottingham (200m B);  Jake Heyward (800m A);  Joseph Alder (800m B);  Owain Thomas-Jenkins (Hammer B);  Kieran Grimwade (Javelin B):  Harry Hillman (High JUmp A);  Deio Hughes (High Jump B);  Rhodri Davies (Pole Vault A).

**Under 15 Girls:**  Catrin Lord (200m B & Long Jump B);  Elishka Coupar (800m B);  Lauren Evans (75mH A);  Sarah Omoregie (75mH B & High Jump A);  Ffion Palmer (Hammer A);  Elen Evans (Hammer B);  Elen Graves (Javelin B);  Tia Meddick (Shot Put A);  Niamh Galton (High Jump B).

**Under 13 Boys:** Thomas Hanson (100m A & Shot Put B);  James Kennett (100m B & 200m B);  Adam Mohsin (High Jump A).

**Under 13 Girls:**  Lucy Dennis (800m A);  Sophia Vella (800m B);  Thea Willis (Javelin A);  Halle Meddick (Javelin B).

In addition the under 15 boys won the 4x300m relay and the under 13 boys (Thomas Britt, Thomas Hanson, Jonathan Gibson and James Kennett) won the 4x100m relay in a time of 53.00 seconds that puts them top (yes, top) of the latest UK rankings.

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/UKDL%20L%20July%202013.pdf)

The team managers report on the day as follows:-

**UNDER 13 BOYS**

**Athlete of the Day: Adam Mohsin (High Jump)**

We have no choice but, to start with the final event of the day - the 4x100m; again! On the first leg, newcomer Thomas Britt gave the boys a very fast start, with a fantastic change over to Thomas Hanson who already had a huge lead before he got started. Down the back straight, Thomas looked like a runaway train in the distance and the change-over to Jonathan Gibson  was arguably the best change of the whole season. By the time Jonathan, the Long Jump specialist, ran around the final bend there was no other team in sight. With the result no longer in question, when James Kennett took the baton other questions came into mind... New PB? Yes! Welsh Number 1? Yes! UK number 1? YES! The team, who at the start of the season didn't even know each other's names, held the number one spot for the whole of the UK.  
  
Earlier in the day, Adam Mohsin continued his remarkable return to form. The 2013 Under 13 High Jump Welsh Champion won the HJ with not one but two PBs. His winning jump of 1.49m extended his lead as Welsh number one and briefly put him at number six in the UK. In the same competition, Oliver Cooper was only slightly below his best, to earn Cardiff a hat full of points in the High Jump.

In the first event of the day, Jonathan Gibson, along with Adam, got the team off to a great start, in the Long Jump, with Jonathan, at his best, setting a new PB of 4.52m.

Jonathan, Adam and Oliver are proving that the jumping events are in safe hands...!

The Under 13 Boys’ team, which included two recent Welsh Champions, were second on the day, despite missing 3-4 first choice athletes. A last minute withdrawal by Tomi Owens meant that team mate Jonathan (yes, the Long Jumper and Relay runner) put his hands up to cover Tomi in the 800m. And, in that event, Daniel John continues to impress with yet another PB; the year 6 Daniel improved to a time of 2:30.6.

In the throwing events, Jay Morse also stepped in to cover Tomi's absence and got himself a great new PB, in the Javelin. The 2013 Under 13 Welsh discus champion had earlier taken a good third place in the Shot, proving that even in the absence of the discus, he's a great all-round thrower. Thomas Hanson was slightly below his best in the Shot but still secured 1st place in the B competition. Elsewhere, in the Javelin, Thomas Britt was way off his best but, nevertheless, achieved a good 2nd place in the Javelin B competition.

In the Sprints, Thomas Hanson and James Kennett grabbed their usual haul of points, with James winning both the 100m and 200m B races and getting a new PB in the 200m. For both, the highlight of the day was still to come, in the 4x100 relay! In the 75m Hurdles, Huw Ward got the team's only points, despite struggling in his favourite event. He'll be hoping to bounce back very soon!

**UNDER 13 GIRLS**

**Athlete of the Day: Thea Willis (Javelin)**

By far the best improvement, in this series, came from the Under 13 girls. Having been 6th, 6th and 5th, in the previous three YDL matches, the girls’ team (which also included two recent Welsh Champions) soared to a very strong second place at Leckwith. For the first time this season, we had athletes in every A and B race for every event.

There was success in every event group. In the sprints, Lana Culliford and Issie Tustin secured good points for the team in the 75m whilst Jessica Wadey ran the 150m along with Issie. All the girls acquitting themselves well against very good UK wide competition. In the 70m Hurdles, Lana produced yet another Grade 1 performance, in a very good quality field.

Like the Under 13 Boys, there was a late withdrawal due to injury. Silva Brindle's broken toe meant that Sofia Vella stepped in to run thehurdles, for the first time outdoors. In the Long Jump, Ellie-May Stonehewer had to interrupt her preparation in the High Jump and needed just one jump to secure second place in Long Jump B event. In the same event, Sofia returned towards her best to take 3rd place in the Long Jump A. Despite having to fill in, at the last minute, in the Long Jump, Ellie-May, still managed to equal her PB in the High Jump.

The endurance girls, unsurprisingly, bagged most points for the Under 13 girls. Lucy Dennis, the 2013 Under 13 1500m Welsh Champion and Sofia, in the 800m, gave Cardiff AAC the only 1-2 of the day, both with very good times; Sofia equalling her 800m PB. In the 1200m, second place in both the A and B races went to Abigail Fisher (Athlete of the day, in the last YDL match) and Jessica Wadey, the 2013 Under 13, 800m Welsh Champion; the latter a little below her previous best time.

In the 4x100 Relay, Issie, Jessica, Sofia and Lana, took half a second off their PB, with much improved change overs. Like the boys, they will be looking to chip away at that PB!

But, we end with the throwing events. With Bethan Gammon unable to compete, it was two debutantes who stood out. New to the club, Halle Meddick, had a debut to remember, winning the Javelin B competition and throwing a very good 6.65m in the Shot Put.

However, in this her first YDL match, Thea Willis had a great day! In a UK wide competition, Thea came out top in the Javelin A event. This success is most welcome for the club as it now confirms that the Under 13 Girls are not just strong in the endurance events but also in the sprints, jumps and, now, we can add - the throws.

**UNDER 15 BOYS**

**Athlete of the Day: Rhodri Davies (Pole Vault)**

The Under 15 Boys also finished in second place, despite the early set back of losing Harry Hillman. Harry managed to win the HJ A competition before having to withdraw, with a sore knee.

So strong is this team, boasting four recent Welsh Champions, that, even without Harry, they went on to have their best score of the YDL season.

In the High Jump, Dieo Hughes, the 2013 Under 15 High Jump Welsh Champion, gave Cardiff maximum points, winning the B competition. In the Long Jump, solid performances from Jordan Fender and Iwan Williams got the team very good points, despite both being below their very best. But, the stand out performance in the jumping events was Rhodri Davies. The ever improving pole vaulter, who is a very (welcome) recent addition to Cardiff AAC, leapt to a fantastic 2.90m! A 45cm increase on his previous best, it took him to the Welsh Number one spot and to sixth in the UK.

In the throwing events, the 2013 Under 15 Hammer Champion, Kieran Grimwade, produced his second best throw ever, to take second place in the Hammer, with Owain Thomas-Jenkins also doing well to win the B competition. Owain also got more points for the team by taking second place in both the Discus and Javelin with team mate Kieran getting the other points by winning the Javelin B competition. In the Shot, a very good 10.03m throw was enough to give William Powell, second place.

On the track, the sprinters did well despite missing Harry. Sam Wink ran a very good 12.6 in the 100m and a fantastic sub-25 second 200m, with 24.9. Also in the 200m, newcomer, Matthew Cottington, won a very good 200m B race in a time of 25.2. In the 80m Hurdles, Jordan Fender ran a PB as he found himself in a very good hurdles race.

In the 300m, Jake Heyward, took over half a second off his PB, to get 2nd place. In the 800m, he set a new YDL league record in a winning time of 2:02.0. More success was to come later for Jake, as part of the 4x300m winning team. Joe Alder won the 800m B race, with a new PB, taking more the 3 seconds off his previous best time. In the 1500m, Ieuan Jones was just outside his best to take a very good second. Also in the 1500m was James Vincent. James was called up on the morning of the race and did not hesitate to cover absent team mates, managing to run very close to his PB. James also took part in the 4x100m Relay.

There were mixed fortunes for the relay teams. The 4x100m team, with some notable absentees, struggled, by their standards, to fifth place. However, the 4x300m team, of Jake Heyward, Joseph Alder, Ieuan Jones and Jordan Fender, won their race in a time of 2:38.9, which was the second fastest time in the YDL, anywhere in the UK, this season.

**UNDER 15 GIRLS**

**Athlete of the Day: Sarah Omoregie (High Jump)**

The Under 15 girls came out top – again - with an even bigger points victory than the last YDL match. And yet again, with numerous great performances, that included a Cardiff 1-2 in three events, HJ, 75mH and Hammer, it was very difficult to pick the athlete of the day.

On the track, the 100m races were contested well by Rebecca Kennett and Bethan Register. Both were slightly off their bests but still got great points for the team. Bethan faired better in the 200m, and, with Catrin Lord (athlete of the day, in the last YDL match), won the 200m B race. In the 75m Hurdles, Lauren Evans and Sarah Omoregie repeated their performances from Rugby, with Lauren winning the A race and Sarah winning the B race.

Like the under 13 girls, the endurance girls bagged huge points for Cardiff. In the 800m, Serrin Allin was third in the A race whilst Elishka Coupar equalled her PB to win the B race by over 50m. In the 1500m, there was a fantastic 4:52 PB for Emilly Griffin. In probably the closest race of the day, Emily was pipped on the line, to take second place. Second place in the B race went the winner of the 1500m in the last YDL match, Emma Lightart.

In the field, the girls had a great day. In the High Jump, Sarah Omoregie, who had already won the hurdles B race, stole the show! A fantastic new PB of 1.58m took Sarah clear at the top of the Welsh Rankings. Niamh Galton made it a Cardiff 1-2 with Niamh also getting a fantastic PB of 1.55m. More big points came in the Long Jump where Catrin Lord kept up her recent good form with second place in the A competition; whilst Lauren Evans came out top in the B event. The one lowlight was that that, yet again, Cardiff AAC failed to field any girls in the pole vault, something that club, needs to address.

In the throwing events, new names got lots of points. Ffion Palmer's début in the YDL saw her win the Hammer competition, with a fantastic 33m+ throw. The ever present Elen Evans had another great day to make it a Cardiff 1-2 and get maximum points. Another athlete making her YDL début, Tia Meddick, had a great PB in the Shot, throwing over 10m for the first time to win the A competition; whilst Ella Comanescu was a long way down on her best to pick up 4th in the B competition. Tia was also second in the Javelin A and Elin Glaves did extremely well to gain the top spot in the B competition. In the Discus, the Cardiff girls, Elen Evans and Emily Griffin, struggled to 5th place in both A and B competitions.

The day finished with the 4x100m, where the girl's had a modest fourth by their standard, having won the last YDL match.

There were so many positives to come out of the match in Leckwith on the 13th July. Most pleasing was the success across all event groups across all age groups. In fact, the four Athletes of the Day were all field eventers.

A great end to the season means we can all look forward to greater success next year, with a top two finish in the YDL a very realistic target.

**Even though the points are won by the athletes we should also thank and congratulate the team managers (and not only of this team) for all their hard work behind the scenes in organising the teams and encouraging them on the days of competition.**

## [Elliot Slade in Euro team](http://www.cardiffaac.org/news/elliotsladeineuroteam.htm) Tuesday 9 July 2013

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

Cardiff's Elliot Slade, who is coached by Arwyn Davies, has been added to the Great Britain team for the European Junior Championships to be held in Rieti, Italy from 18 to 21 July.

Elliot (18), who goes in the 800m and has a personal best time of 1:48.93 set in May, is an experienced international having taken part in the World Youth Championships and the Commonwealth Youth Games in 2011. He is currently ranked 4th in the UK and 7th in Europe.

He joins club mate David Omoregie who has been selected in the 110m hurdles.

We wish Elliot and David good luck in Rieti.

## [61 medals at championships](http://www.cardiffaac.org/news/61medalsatschoolschampionships.htm) Monday 8 July 2013

## 

[](http://www.cardiffaac.org/news/61medalsatschoolschampionships.htm)

Cardiff AAC athletes collected no less than sixty one medals at the 66th Welsh Schools' athletics championships held at Cardiff International Sports Stadium on Saturday last, 6th July.

Athletes were there representing their school districts and, with almost perfect weather, with very little breeze, numerous personal bests were achieved.

Gwenno Waddington (pictured) broke the 27 year old club record in the under 15 girls 1500m with a time of 4:41.18 and there were Championship Best Performances for three athletes; David Omoregie in the Under 20 men’s 110m Hurdles with a time of 13.91, John Cove in the under 17 men’s 1500m with a time of 4:03.52 and Erin Hayes  in the under 17 women’s 1500m Steeplechase with a time of 5:25.79.

**The 61 Cardiff AAC medalists were:**

**Under 20 men:  
  
Gold:**  Sam Gordon (100m and 200m);  Ryan Lee (400m);  Jack Gooch (1500m);  Matthew Edwards (2000m Steeplechase);  David Omoregie (110m Hurdles and Long Jump);  Ryan Cooper (400m Hurdles);  Jonathon Bailey (High Jump);  David Callan (Pole Vault);  Adrian Lawrence (Triple Jump);  Matthew Field (Shot Put);  Jac Palmer (Hammer).  
  
**Silver:**  Jacob Preece (800m);  Matthew Collins (Triple Jump);  Matthew Field (Discus);  Matteo Holmes (Hammer).  
  
**Bronze:** Charlie Walker (800m);  Ioan Phillips (3000m);  Ieuan Jones (2000m Steeplechase);  Matteo Holmes (Javelin).

**U20 Women:  
  
Gold:** Molly Probert (200m and Triple Jump);  Rebecca Evans (3000m);  Ffion Bodilly (High Jump and Long Jump).  
 **Bronze:** Lara Durrani (400m);  Lucy Daly (Pole Vault).  
  
  
**U17 Men:  
  
Gold:** Dafydd George (800m);  John Cove (1500m);  Ryan James (400m Hurdles);  Ciaran Lewis (1500m Steeplechase);  Tom Trotman (High Jump).  
  
**Silver:** Kristian Jones (100m and 100m Hurdles);  Gage Francis (Triple Jump).  
  
**Bronze:** Nicholas Jones (3000m);  Daniel Omoregie (Long Jump);  Ryan Grimwade (Hammer).

**U17 Women:  
  
Gold:** Melissa Roberts (300m);  Erin Hayes (1500m Steeplechase);  Tasia Stephens (Javelin).  
  
**Silver:** Kate Seary (800m);  Olivia Evans (Pole Vault).  
  
**Bronze:** Megan Williams (300m);  Claire Taylor (80m Hurdles).  
  
  
**U15 Boys:  
  
Gold:** Jordan Fender (300m);  Jake Heyward (1500m);  Harry Hillman (80m Hurdles);  Rhodri Davies (1km Walk).  
  
**Silver:** Harry Hillman (100m);  Charlie Pegrum (High Jump);  Rhodri Davies (Pole Vault);  Kieran Grimwade (Hammer);  Owain Thomas-Jenkins (Javelin).  
  
**Bronze:** Jasper Hawkins (Pole Vault).  
  
  
**U15 Girls:  
  
Gold:** Emily Griffin (800m).  
  
**Silver:** Gwenno Waddington (1500m);  Lauren Evans (75m Hurdles).  
  
**Bronze:** Sarah Omoregie (High Jump);  Catrin Lord (Long Jump).  
  
  
The top performers in the under 17 age groups will now have a very nervous wait to hear if they have been selected to represent the Welsh Schools team in the Schools International Athletic Board match in Dublin on Saturday July 20th.

To view the full results go to [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20Sch%20CH%20July%202013.pdf)

## [Senior women find it tough](http://www.cardiffaac.org/news/seniorwomenfindittough.htm) Monday 8 July 2013

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

Cardiff's UK Women's League team travelled to Wigan yesterday, Sunday 7th July, for the second round of this year's series.

With excellent weather, the team had mixed fortunes; outstanding on the track with five wins but sadly missing in the field events where only Sarah Benson collected a first place, in the shot put A.

As a result the team finished in seventh place and, with only one match to go, needs a miracle to retain a place in the division.

Team Manager Martin Peters writes:

*On the track, Cardiff clocked up wins in 'A' & 'B' 400m (Louise Jones and Rhiannon Linnington-Payne), 'A' 3000m (evergreen Debbie Rees), 'B' 800m (Dani Cocking), and 4 x 400m relay, plus several second place finishes. Sadly, in the field events we are not blessed with the same depth of resources. Sarah Benson won the shot putt, but apart from that, our next highest position in either 'A' or 'B' string was fifth. Last season we were holding our own out in the field, and on one occasion won both 'A' & 'B' pole vault. On Sunday we didn't have a single pole vaulter.*  
  
*Other circumstances outside our control led to us not taking a full complement of officials which cost us 15 points, but even these points would not have altered our overall placing!*  
  
*Dani Cocking was nominated Athlete of the Match having achieved two PBs, volunteering to fill in for injured athletes in the 200m and both relays, and also putting her best foot forward for triple jump! Your prize is richly deserved Dani!!!*  
  
*So ladies, if you are a Junior or Senior and you have a fully working complement of limbs, and you can run, jump, throw or vault, PLEASE make sure you are available for Sunday 4th August. Let myself, Emma Peters, or any club official or coach know that you would like to be considered. You may not think you're good enough to compete at national league level, BUT you may be better than the girl that's having to fill in to scratch a point for the team! Likewise any officials, whatever your level of qualification. YOUR CLUB NEEDS YOU - NOW!!!!*

## [Senior men head for the top](http://www.cardiffaac.org/news/seniormenheadforthetop.htm) Sunday 7 July 2013

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

A brilliant team effort saw Cardiff's British Athletics League team secure second place in the third round match at Windsor yesterday.

With only one round to go, Cardiff is now seven league points clear of third placed Windsor Slough & Eton and only a disaster in the final match at Liverpool on 3rd August can stand in the way of promotion to the premier division (the elite of British club athletics).

Despite securing only three individual winners (Gary White in the triple jump A, Tom Marley in the 800m A and Lemarl Freckleton in the 200m B) an all round team effort made the difference.

Cardiff's man of the match was Curtis Matthews who contested five events (110mH, long jump, discus, javelin and hammer) but typical of the team spirit also was Jamaul Whyte who ran the 400m hurdles (for the first time?) and competed in the high jump.

A fuller report from delighted team manager James Williams will follow.

**The match result was:**

1.  City of Liverpool H (370)  
2.  Cardiff AAC (286)  
3.  Glasgow City (286)  
4.  Thames Valley Harriers (280)  
5.  Kent AC (276.5)  
6.  Windsor Slough Eton & Hounslow (270)  
7.  Basingstoke & Mid Hants AC (242.5)  
8.  Southend AC (174)

**The league position after 3 rounds is:**  
  
1.  City of Liverpool (23 league points)  
2.  Cardiff AAC (22)  
3.  Windsor Slough Eton & Hounslow (15)  
4.  Glasgow City (14)  
5.  Thames Valley Harriers (13)  
6.  Kent AC (12)  
7.  Basingstoke & Mid Hants AC (5)  
8.  Southend AC (4)  
  
To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/BAL%206%20July%202013x.pdf)

## [Good Luck messages](http://www.cardiffaac.org/news/goodluckmessages.htm) Friday 5 July 2013

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

This weekend will be extremely busy for Cardiff athletes with at least three very important competitions taking place.

At Cardiff International Sports Stadium there will be the Welsh Schools championships, with numerous Cardiff members representing their regions and in search of good performances and medals.

The senior men's British Athletics League travels to Windsor where hopes of promotion to the Premier division could depend on a solid performance in this the third of this season's four rounds.

The senior women's UK Women's League team have a longer journey ahead of them as they travel to Wigan; a stronger team result will be needed to maintain the team's position in division one.

Good luck to all our athletes.

## [John Walters' Throws](http://www.cardiffaac.org/news/johnwaltersthrows.htm) Thursday 4 July 2013

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

On a cool and windy evening last night, 3rd July, fourteen throwers assembled to take part in the John Walters Memorial Throws Meeting. This meeting remembers John, who was a  leading Welsh  thrower for over thirty years and was still good enough to be a member of Cardiff's BAL team at the age of 60.

Competitions were held in Shot Put, Discus, Hammer and Javelin for senior and other athletes who had achieved minimum standards.

The standard of competition was good with a number of personal bests recorded.

The John Walters trophy was awarded to Matteo Holmes for personal bests in both the Hammer and the Javelin.



To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/John%20Walters%20Memorial%20Throws%20Results%202013%20x.pdf)

## [Tough match for older juniors](http://www.cardiffaac.org/news/toughmatchforolderjuniors.htm) Tuesday 2 July 2013

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

Cardiff's National Youth Development League (Under 20/Under17) team performed valiantly in the third round match in Cheltenham on Sunday last, 30th June and, once again, came fifth in the final result.

Cardiff produced 14 individual winners as well as taking the under 17 men's 4x100m relay and the under 17 women's 4x300m.

## [More medals on Day 2](http://www.cardiffaac.org/news/moremedalsonday2.htm) Monday 1 July 2013

[](http://www.cardiffaac.org/news/moremedalsonday2.htm)

Cardiff athletes picked up more medals on the second day of the 2013 Welsh championships yesterday.

The senior men's 200m final saw club captain Rhys Knapman just beat team mate Gareth Hopkins to the line in a close fought contest (pictured as they reach for the finish).

Although the weather was not quite as pleasant as Saturday, there were some good performances and exciting races.

The under 13 girls' 1500m saw not only a clean sweep of the medals (Lucy Dennis, Jessica Wadey, Abi Fisher) but also Cardiff athletes filling 4th (Sofia Vella), 6th (Annwen Gammon) and 7th (Alisha Hayes) places.

In the under 15 boys' 1500m, Jake Heyward set a new championship best performance time of 4:13.35.

**Cardiff's individual medallists were:**

**Gold:**  
Lucy Dennis (U15 girls' 1500m);  Jake Heyward (U15 boys' 1500m);  Gwenno Waddington (U15 girls' 1500m);  Rhys Knapman (Senior men's 200m);  Emyr Jones (Senior men's pole vault);  Gary White (Senior men's triple jump);  Matthew Richards (Senior men's hammer);  Ffion Bodilly (Senior women's high jump).

**Silver:**  
Thomas Hanson (Under 13 boys' 200m);  Jessica Wadey (Under 13 girls' 1500m);  Silva Brindle (Under 13 girls' long jump);  Harry Hillman (Under 15 boys' 200m);  Rhodri Davies (Under 15 boys' pole vault);  Catrin Lord (Under 15 girls' long jump);  Gareth Hopkins (Senior men's 200m);  David Callan (Senior men's pole vault);  Adam Williams (Senior men's triple jump).

**Bronze:**  
James Kennett (under 13 boys' 200m);  Abi Fisher (Under 13 girls' 1500m);  Louise Jones (Senior women's 200m).

The outstanding performance of the day was the Welsh all-comers record of 66.84m in the senior men's discus by British international and Olympic athlete Brett Morse. Although Brett is now competing for Birchfield Harriers, he started in athletics with Cardiff and we still count him as one of us. Hopefully he will be wearing a Cardiff vest again in the not too distant future.

Taking into account last week's under 17 and under 20 championships in Swansea, as well as this weekend's in Cardiff, the Welsh club rankings are:

1.  Cardiff AAC (107 medals including 44 gold)  
2.  Swansea H (82)  
3.  Cwmbran H (21)  
  
The full official results from Saturday and yesterday (combined) can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/WCH%202013%20U13%20U15%20Sen.pdf)  
  
Meanwhile, in Dublin on Saturday, Bethan Davies set a Welsh record over the 20km walk with a time of 1:41:44 to go top of the McCain Power of Ten rankings.

## [Fine run by Rhys](http://www.cardiffaac.org/news/finerunbyrhys.htm) Sunday 30 June 2013

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

Cardiff's Rhys Williams produced one of the finest runs of his career today at the IAAF Diamond League event at Birmingham's Alexander stadium.

European Champion Rhys produced a storming run in the unfavourable lane seven to take second place in a world class 400m hurdles race behind 2012 Olympic bronze medallist Javier Culson.

Rhys's time of 48.93 is his second fastest ever but it was the nature of the performance that was more impressive than the time.

Welsh rival and reigning world champion Dai Greene was fifth.

[Welsh Champs 2013 Day 1](http://www.cardiffaac.org/news/welshchampionships2013day1.htm) Saturday 29 June 2013

[](http://www.cardiffaac.org/news/welshchampionships2013day1.htm)

The first day of the 2013 Welsh Athletics championships was held today at Cardiff International Sports Stadium in thankfully warm sunshine, albeit with a tricky wind that did not help the sprinters.

Cardiff athletes turned out in numbers and won 31 medals, 12 of which were gold.

One of the best performances came from Paul Bennett (pictured winning his event) who set a new personal best of 47.92 in winning the senior men's 400m. Not to be out done, Emma Pullen also set a new personal best in the senior women's 400m with a championship best time of 52.92. Consistent Harry Hillman also set new championship and personal figures, winning the under 15 boys 80m hurdles in 11.27.

**Cardiff's medallists were:**

**Gold:** Adam Moshin (U13 boys' high jump);  Jay Morse (under 13 boys' discus);  Jessica Wadey (under 13 girls' 800m);  Harry Hillman (under 15 boys' 80m hurdles);  Deio Hughes (under 15 boys' high jump);  Kieran Grimwade (under 15 boys' hammer);  Dewi Hammond (senior men's 100m);  Paul Bennett (senior men's 400m);  Carl Hill (senior men's 800m);  Carwyn Jones (senior men's 5000m);  Jonathan Bailey (senior men's high jump);  Emma Pullen (senior women's 400m).

**Silver:** Thomas Hanson (under 13 boys' 100m & shot put);  Tomi Owens (under 13 boys' 800m);  Lana Culliford (under 13 girls' 70m hurdles);  Harry Hillman (under 15 boys' 100m);  Owain Thomas-Jenkins (under 15 boys' javelin);  Rhys Knapman (senior men's 100m);  Bradley Cole (senior men's javelin);  Megan O'Sullivan (senior women's triple jump).

**Bronze:** James Kennett (under 13 boys' 100m);  Harry Hillman (under 15 boys' shot put);  Gwenno Waddington (under 15 girls' 800m);  Owain Thomas- Jenkins (under 15 boys' hammer);  Ryan Lee (senior men's 400m);  Mike Ward (senior men's 800m);  Nat Lane (senior men's 5000m);  Matteo Holmes (senior men's javelin);  Mica Moore (senior women's 100m);  Kate Seary (senior women's 800m).

To view the official first day's results click on [**RESULTS.**](http://www.cardiffaac.org/files/W%20A%20Champs%202013%20day%201.pdf)

Cardiff AAC is leading the standings in the Wilkinson Sword club championship with 87 medals so far, including 36 gold. Swansea H are second with 63 medals.

## [Improved result by juniors](http://www.cardiffaac.org/news/improvedresultbyjuniors.htm) Thursday 27 June 2013

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

Cardiff's UK Development League (under 15 & 13) team travelled to Rugby again last Saturday, 22nd June, for the third round match of this year's series.

In blustery conditions, Cardiff improved on its first and second round results, finishing a close third behind Rugby and Swansea and pushing Midlands giants Birchfield into fourth place. The team remains in fourth place overall.

**The match result was:**

1.  Rugby & Northants AC (515.5 points)  
2.  Swansea H (486)  
3.  Cardiff AAC (479.5)  
4.  Birchfield H (447)  
5.  Notts AC (390)  
6.  Bristol & West (295)

**The standings after three rounds, and with one round to go, are:**

1.  Rugby & Northants AC (18 league points)  
2.  Swansea H (15)  
3.  Birchfield H (11)  
4.  Cardiff AAC (10  
5.  Notts AC (6)  
6.  Bristol & West (3)

Cardiff's individual event winners were:

**Under 15 boys:**  Jake Heyward (800m A);  Ieuan Jones (1500m B);  Harry Hillman (80mH A & Long Jump B);  Jasper Hawkins (Pole Vault B).

**Under 13 boys:**  Thomas Hanson (100m A);  James Kennett (100m B & 200m B);  Jay Morse (Shot Put B).

**Under 15 girls:**  Catrin Lord (100m B & 200m B & Long Jump A);  Emma Ligthart (1500m A);  Lauren Evans (75mH A & Long Jump B);  Sarah Omoregie (75mH B & High Jump A);  Elen Evans (Hammer A);  Niamh Galton (High Jump A).

**Under 13 girls:** Abigail Fisher (1200m A);  Anwen Gammon (1200m B).

The official results can be viwed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/UKDL%20L%20%202013%2022%206%2013.pdf)

**The team managers write as follows:**

**Under 15 Girls**

**Athlete OF The Day – Catrin Lord**

The Under 15 girls, gave us, by far the most impressive performance of the year, of any Cardiff age group. A 3rd place, in the first two matches, was surpassed in Rugby, with an emphatic 11 point victory for girls. The team's dominance, capped off by a fantastic 4x100m .

So good was this performance, that choosing an Athlete Of The Day proved very difficult. There's multi eventer Lauren Evans. A win in the 75mH A race, and an excellent PB in the Long Jump (20 pts). The ever dependable Elen Evans, who is the Team's corner stone for the throwing events (19 pts). Another multi eventer, Sarah Omeragie, won the HJ, and 75mH B race(16 pts). Add to that Emma Lightart, who produced one of the biggest PBs of the day, in the 1500m, taking 10 seconds off her previous best, and smashing through the 5 minute mark, with 4:55.6.

But, it’s Catrin Lord, who walks away with Athlete of the Day. Firstly, for racking up more points than any other Cardiff athlete(23 pts). Also, 3 wins, Long Jump (A), 100m(B), 200m(B). It was in the LJ where Catrin produced arguably the single best performance of the day (along with Emma Lightart!). Adding a huge 20cm to her previous best, and going beyond the 5 meter mark for the first time. In doing so, finds herself number 2 in Wales. Great timing for the Welsh Champs...!!!

Elsewhere, Bethan Register followed a good performance in the 200m, with a great anchor leg for the 4x100m team, which saw Bethan overhaul Birchfield, and win the race on the line, to give the Under 15 girls maximum points in the Relay...

Rebecca Kennet, continues to impress with a solid 3rd place in the 100m, as well as being part of the winning 4x100m team. Another good day for the very popular Amber Harding, who came within a whisker of a new PB in the 800m. Angel Powell also picked up points for Cardiff in the 800m B race. In the 1500m, Olivia Morgan White, was a little off her best, but, still gained a good 2nd place in the 1500m B race.

Away from the track, Elin Glaves earned very good points for Cardiff in all three throwing events. Whilst, an off day for Niamh Galton, still saw her get maximum points in the HJ B competition.

**Under 13 Girls**

**Athlete Of The Day – Abigail Fisher**

A much weakened under 13 girls team, took 5th place overall. An improvement on finishing 6th in both previous YDL matches. With at least half a dozen missing, those who were there, fought extremely hard for every single point.

The best race of the day was, the 1200m. Abigail Fisher and Annwen Gammon, ran the perfect race, to clinch a Cardiff One-Two, in the home straight, and earn the team maximum points. For that performance alone, Abigail is the Under 13 Girl’s, Athlete Of The Day…

Not content with a great run, and a PB, in the 1200m, Annwen then swapped spikes for flats, and joined twin sister Bethan, in the Shot Put. Still out of breath, Annwen, then recorded her second PB of the day. Also, a PB in the Shot, for Bethan. Not, the best day in the Javelin for Bethan. She’ll be looking to improve on that next weekend, in the Champs.

It was another competition where the newcomers made a name for themselves. Ellie-May Stonehewer, was Cardiff’s highest points scorer, with 11 points. An excellent 3rd place in the High Jump, and a 2nd in the Long Jump competition, with a PB of exactly 4 meters. Silva Brindle, continues to improve, and got a very good 3rd, in the Long Jump. Whilst Renee Moore, in her first competition, recorded very good times in the 75m and 150m.

As well as the newbies, Cardiff AAC’s, May’ Athlete Of The Month, Jessica Wadey, picked up 3rd in a very good 800m, and a new PB in the 75m. Jessica also anchored a newly formed quartet to 5th place in the 4x100m.

But, the last word has to go to two athletes, who never cease to amaze! Evie Poyner and Georgia Wink, have racked up almost as many points for Cardiff, as any other athlete in this age group. In virtually every competition this season, when called upon, both girls have never objected to taking part in any event, regardless of the outcome.

AJ

**Boys Athletes of the Day**

**U13 - Thomas Hanson**  
**U15 – Harry Hillman**

A blustery day in Rugby saw the boys’ team collect 10 wins in all - 5 apiece for the U13 & U15s for 3rd & 2nd place respectively. If it hadn’t been for a fairly small squad & a couple of injuries we may have piped Swansea to 2nd overall.

There were many good performances with a number of high points scorers. In the U15s Kieran Grimwade amassed 18 pts with a highlight being a PB in the discus by a mighty 1.8m! Thomas Hanson was the top scorer in the U13 with 22 in all, including a win at 100m (A) and a PB in the shot. Tomi Owens (18pts) had 3 PBs at 75mH, 800m & Javelin - his first time at the event netting him 3rd place with a healthy 23m best. However like the girls, one athlete managed 23 points - Harry Hillman with wins in the 80mH(A), LJ (B) & a 2nd place in the 100m.

On the field the U15s had a great day, with the Pole Vault picking up 14 points through Rhodri Davies who was 2nd (A) with an effort that equaled his best ever, while Jasper Hawkins won the B competition. There was another 14 points in the LJ thanks in part to Jordan Fenders’ half metre improvement on his previous best. Adam Mohsin & Jonathan Gibson, the U13 jumpers, both put in solid performances in the LJ & HJ picking up 19 pts between them while Jay Morse won the U13 shot (B) with another personal best.

The middle distancers were another great source of points, in the U15 800m(A) Jake Heyward demolished the field for his win whilst Joe Scammell picked up a personal best. For the U13s, Daniel John put in a storming run and Morgan James sliced a huge 13” off his 1500m best on his YDL debut. The older 1500m runners produced a superb race with Ieuan Jones tracking Joe Alder all the way but Joe pipped it by 0.4” at the death.

The shorter distances were also solid for us with Sam Wink & Huw Ward picking up valuable points. James Kennet also produced some fine performances with 2 wins (100B & 200B) & he anchored the 4x100m team as they won a tight race by a couple of feet.

A special mention to all the boys who stepped up to try new events, like Jack Murray in the javelin. It’s these extra points that can make all the difference at the end of the day - DIOLCH!

The next YDL fixture is in Cardiff on 13.7.2013, so please make yourselves available so we can put in a great home performance.  Can all athletes take time to check their profile on [www.thepowerof10.info](http://www.thepowerof10.info/) - there are a few omissions/mistakes (e.g. no club, spelling mistakes etc.) that we need to get fixed.

Finally, good luck to everyone competing in the Welsh Championships this weekend!

Gareth

With apologies for the late posting of this news item.

## [John Walters Memorial Throws](http://www.cardiffaac.org/news/johnwaltersmemorialthrowsmeet.htm) Friday 21 June 2013

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

Cardiff AAC will be organising a special throws competition on Wednesday, 3rd July, starting at 6.45pm.

The competition is open to seniors, juniors, under 17 and under 15 athletes who have achieved specified minimum standards so the events should be of good quality. Events covered will be Shot Put, Discus, Hammer and Javelin.

The competition is in memory of John Walters, one of the club's longest serving and most successful athletes who represented Wales and Great Britain on many occasions. He competed regularly for the British League team and, at one point, held the League record for the highest number of appearances by a club athlete across all the divisions of the league. John died a number of years ago.

For full details of the timetable and standarsds, click [**HERE.**](http://www.cardiffaac.org/files/john%20walters%20(2).pdf)

## [David Omoregie in GB team](http://www.cardiffaac.org/news/davidomoregieinbritisheuroteam.htm) Friday 21 June 2013

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

Cardiff's David Omoregie has been included in the first round of selections for the Great Britain team to compete in the European Junior Championships to be held in Rieti, Italy, from 18th to 21st July.

One of Wales' most talented young athletes, David (17) is currently ranked fourth in Europe in his speciality event, the 110m hurdles, with a time of 13.68 seconds, and clinched his selection for the British team with a silver medal in last weekend's England championships and European trials in Bedford.

David is coached by Mike Guest.

Many congratulations David and good luck in Rieti.

## [Don't miss out - a warning](http://www.cardiffaac.org/news/dontmissoutawarning.htm) Thursday 20 June 2013

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

Welsh Athletics has warned that anyone entering this year's Welsh Championships will not be allowed to compete if their Welsh Athletics registration fee has not been paid. This directive will be strictly enforced.

If any Cardiff AAC members are affected, you should contact membership secretary Kath Elias urgently and make sure that your club subscription and Welsh Athletics registration fee are paid.

Kath can be contacted by email ([kathelias@hotmail.com](mailto:kathelias@hotmail.com)) or by telephone (02920 630736). She will be away over this weekend but back on Monday.

## [First open meeting a success](http://www.cardiffaac.org/news/firstopenmeetingasuccess.htm) Tuesday 18 June 2013

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

Despite disappointing weather conditions - overcast and chilly with persistent rain (well, it is June) - around 60 young athletes turned out on Sunday morning, 16th June, for the first of a series of pilot competitions at Cardiff International Sports Stadium, organised by the club.

The purpose of these competitions is to introduce younger (under 15, 13, 11) to competition in a low key way and the first one was very successful, with great enthusiasm amongst the athletes, most of whom tried several events. This experience will be a great help to these athletes when they compete in club teams and championships. Further pilots will be held in July and August with a view to a more structured series, perhaps incorporating club championships, next year.

The idea is that the competitions will be held usually on a Sunday morning and will be limited to two hours maximum so as not to interrupt family Sundays too much. Events will vary from Sunday to Sunday.

It was good to see so many parents at the stadium and a special thank you must go to the Cardiff AAC coaches and others who turned out to officiate and got very wet in the process.

A selection of photographs taken during the morning can be seen in the Galleries section of the web site. Go to [**SUNDAY MORNING PICTURES**](http://www.cardiffaac.org/galleries/clubopenmeetingjune2013/default.htm).

You can also see the results by going to [**RESULTS.**](http://www.cardiffaac.org/files/CAAC%2016%2006%2013.pdf)

## [Silver for David Omoregie](http://www.cardiffaac.org/news/silverfordavidomoregie.htm) Monday 17 June 2013

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

On the second day of the English under 23 and under 20 championships in Bedford, yesterday, Cardiff's David Omoregie clinched a silver medal in the under 20 men's 110m hurdles with a time of 13.74. David stays in second place on this year's UK rankings behind David King (City of Plymouth) who took the gold medal yesterday.

In the under under 23 women's 10k walk, Bethan Davies, competing as a guest, actually won the race, with a personal best time of 49:03.99.

Ffion Price, Ryan Lee and Elliot Slade all just missed out on medals, each placing fourth in their respective events, the under 20 women's 1500m for Ffion, the under 20 men's 400m for Ryan and the under 20 men's 800m for Elliot.

Elsewhere, Paul Bennett was 8th in the final of the under 23 400m hurdles, Mike Ward was 10th in the under 20 1500m, Jonathan Bailey was 10th in the under 20 high jump, Ffion Bodilly was 8th in the under 20 high jump and Ashley Andrews was 9th in the under 23 hammer.

It is very important that athletes aspire to compete and do well against the best in the UK. Success is not easy to achieve so well done to all those who went to Bedford.

The full results can be viewed by going to <http://england.athletics-uk.org/>.

## [MBE for Tracey Hinton](http://www.cardiffaac.org/news/mbefortraceyhinton.htm) Sunday 16 June 2013

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

Congratulations toTracey Hinton who has been awarded an MBE in the recently announced Queen's Birthday Honours.

Apart from an illustrious athletic career, Tracey is an administrative assistant typist, Criminal Investigation Professionalism and Capability, with HM Revenue and Customs and has received her award for services to taxpayers and sport.

Tracey Hinton was captain of the Great Britain track and field team at the 2012 Paralympic Games in London, to crown her outstanding achievements as an athlete.

Tracey, who lost her sight at age 4, has competed in no less than six 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.

Well done Tracey.

Also honoured in the Birthday Honours was Lynette Harries, one of Welsh Athletics longest serving and respected officials; she has recently given up the Chair of the board of directors of Welsh Athletics after many years in the post.

Congratulations Lynette.

## [Silver medal for Adam](http://www.cardiffaac.org/news/silvermedalforadam.htm) Saturday 15 June 2013

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

Cardiff's Adam Bitchell took the silver medal in the under 23 men's 5000m at the England championships held today in Bedford.

Several Cardiff athletes made the trip to Bedford for what are, in effect, the championships of the UK.

Charlotte Arter took 4th place in the final of the under 23 women's 1500m (4:27.00) whilst, in the final of the under 20 men's 100m, Dewi Hammond set a new pb of 10.49 in 5th place and Sam Gordon also ran a pb (10.65) in 7th. The wind speed was, however, just over the limit. Mica Moore equalled her pb of 11.80 in placing 8th in the final of the under 23 women's 100m. Again the wind speed was over the limit.

Elsewhere, in the under 20 age group, Mike Ward qualified for tomorrow's final of the men's 1500m (3:54.40), Elliott Slade did likewise in the men's 800m (1:54.31) as did Ryan Lee in the men's 400m (48.37). Paul Bennett is through to the final of the under 23 men's 400m hurdles (54.03).

Other Cardiff athletes who travelled to Bedford but missed out on final places were Gareth Hopkins (400m), Ryan Cooper (400m hurdles) and Jacob Preece (800m).

To view today's results go to <http://england.athletics-uk.org/>.

## [Nike visit a success](http://www.cardiffaac.org/news/nikevisitasuccess.htm) Friday 14 June 2013

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

An audience of club members and parents listened to an interesting presentation by Nike on monday last, 10th June.

Mark Jones, along with club members Emma Peters and Melanie Stephenson, who work at the Nike store in Cardiff City centre, gave a comprehensive demonstration of the products and services that Nike can offer.

These are not just shoes and other sportswear, but include practical advice on the importance of correctly fitting shoes as well as gait analysis.

Andrew Seary, who is a Cardiff team manager and also a qualified physiotherapist, stressed the importance of correctly fitting shoes and explained why this is so.

Mark also explained the Nike Fuel Band, which is worn on the wrist and calculates the amount of energy generated, and invited athletes to try them out in a competition to see who could generate the most. A Nike voucher was presented to James Vincent, the winner.

Anyone who is interested in gait analysis can go along to the Nike store where a test can be conducted free of charge.

## [Closing date TODAY](http://www.cardiffaac.org/news/closingdatetomorrow.htm) Thursday 13 June 2013

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

This is a last minute reminder to all under 13 and under 15 athletes that the closing date for entries to the Welsh Championships is TODAY, Thursday 13th June.

The championships will be held on 29th and 30th June in Cardiff and entries can be made online. Go to [www.welshathletics.org](http://www.welshathletics.org/).

All athletes should compete in the champinships so don't delay.

## [Tough opener for women](http://www.cardiffaac.org/news/toughopenerforseniorwomen.htm) Tuesday 11 June 2013

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

A much depleted Cardiff UK Women's League team travelled to Southampton on Sunday, 9th June, for the first round of this year's campaign to maintain its place in division one.

The 12 woman team performed heroically but could not overcome the gaps and finished seventh out of eight teams. With two rounds to go, more complete teams should be able to pull themselves out of the relegation zone.

Despite the shortage of numbers, there were notable performances with pride of place going to Emma Pullen who won the 400m A race and was second in the 200m B. Emma also led off the 4x400m relay team which came in first.

Others who performed well were Mica Moore (2nd in the 100m A and 4th in the 200m B), Danni Cocking (2nd in the 800m A), Beth Strange (3rd in the 800m B and 4th in the 1500m A), Rhiannon Linnington-Payne (2nd in the 400m hurdles A) and Ffion Bodilly (3rd in the high jump A).

With athletes covering several event to secure points for the team, Imogen Miles contested the long jump, triple jump and high jump, Sharon Heveran the hammer, javelin and shot put, Beth Sewell the hammer, discus and shot put, Mica Moore also threw the javelin and Beth Strange the discus.

**The match score was:**  
  
1.  Southampton AC (227)  
2.  Thames Valley Harriers (206.5)  
3.  Woodford Green & Essex Ladies (204)  
4.  Enfield & Haringey (193)  
5.  Crawley AC (171)  
6.  Herne Hill Harriers (124)  
7.  Cardiff AAC (123.5)  
8.  Wigan AC (117)

The next round will take place in Wigan on 7th July.

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/UKWAL%202013%201.pdf)

## [Juniors miss out by one point](http://www.cardiffaac.org/news/juniorsmissoutbyonepoint.htm) Monday 10 June 2013

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

In a nail bitingly close competition in Hereford on Saturday last, 8th June, Cardiff's Welsh Under 15 League team came second to Cardiff Archers by a single point. Cardiff amassed 1,282 points against the Archers' 1283.

The league embraces three separate age groups and Cardiff came out a clear top in the under 13 and under 15 boys and girls, but slipped to third in the under 11s.

**After two rounds (of four) the league standings are:**

1.  Cardiff Archers (16 points)  (2525 match points)  
2.  Cardiff AAC (14)  (2395)  
3.  Newport H (12)  (1504)  
4.  Cwmbran H (10)  (1159)  
5.  Hereford & county AC (8)  (1027)  
6.  Aberdare Valley AAC  (6)  (682)  
7.  Blaenau Gwent AC  (4)  (652)  
8.  Rhondda AC  (2)  (483)

**The team managers report as follows**:

A record breaking 357 athletes took part in the second of this season's Welsh Athletics under 15 League - East Division. It was a beautiful sunny day at Hereford, although the wind at times was not conducive to PBs and there were 100 athletes competing for Cardiff, the largest attendance for this division.

**Under 11 boys:**

Athlete of the day: Carwyn Hastings

With the weather much improved from our previous visit to Hereford, the competition kicked off with Carwyn Hastings doing extremely well, finishing 2nd in his 75m heat with a time of 11.85 only 0.4 seconds behind the winner.  Ben Vincent competed in his first 75m race, finishing a good 4th in heat 2 with Kai Scurlock also running well.

In the 150m race, Harri Howkins and Alex Kulkarni both did very well, both finishing 4th in their heats.

In the middle distance 800m Carwyn ran exceptionally well, beating his PB by 7 seconds, finishing 3rd in his heat with a time of 2.52.  Ben Vincent also knocked 5 seconds off his PB coming in at 2.53.

In the field events, our jumping stars were Harri Howkins, who managed to long jump 3.65m, followed by Ben Vincent with a PB of 3.33m and Kai Scurlock who jumped well at 2.94m.  Matthew Haughton and Alex Kulkarni completed the line up with Matthew smashing his PB by  more than half a metre, well done Matthew.

Alex Kulkarni managed a PB in shot of 4.72m, finishing a respectable 5th.

In the relay our boys’ team consisted of Carwyn, Ben, Harri and Alex who finished a fantastic 3rd, only 2 seconds behind the winners.

**Under 11 girls:**

Athlete Of The Day: Scarlett Russell

Scarlett Russell had a great start to her day winning her heat in the 75 m sprint, gaining a PB at the same time of 12.47.  Eryn Oakley, Giselle Williams, Iman Hassan and Bethan Jones also ran extremely well.

In the 150m sprint, Emmanuella Kone ran an impressive 26.31, coming 3rd in her heat.  Juliet Nottingham, Catrin Hocking and Bethany Owen-Foulkes also ran well.

In the 800m, Eryn Oakley did an amazing run at 3.19 with Abby May Wilkins smashing her PB running in 3.27.

Our long jump star was Scarlett with a fantastic 3.25m.  Eryn, Emmanuella and Catrin also jumped really well.

In the shot, Juliet and Bethany did very well.

In Javelin superstar Scarlett won by 4 metres, throwing the javelin nearly out of the stadium at 12.32m.  Iman Hassan also threw extremely well.

In the relay, our mixed team consisted of Scarlett, Emmanuella, Bethan and Matthew, and ran very well.  A special mention must be made of Matthew Haughton who very bravely stepped up at the last minute to compete.  The girls also were exceptionally helpful in rounding up the relay candidates, thanks girls!  Our girls’ team consisting of Iman, Abby, Juliet and Catrin also ran extremely well.

A lot of these events were new to both boys and girls and I am really proud of everyone who competed to the best of their ability.

**Under 13 girls:**

Athlete of the day: Lucy  Dennis

Again, we have to start with the endurance girls! It was a case of One-Two, One-Two in the 800m and 1500m. In the 800m, Lucy Dennis ran the 800m for the first time, in almost a year and boy was it worth waiting for! Her Grade 1 performance, of 2.28.14, puts her clear at the top of the Welsh rankings. In the previous heat, and without any opposition, Jessica Wadey took 2nd place overall for Cardiff, winning her heat by over 100m. In the 1500m, Abaigail Fisher and Annwen Gammon were streets ahead of the opposition. Abaigail's much improved time from the first match, will be greatly welcomed, with the Welsh Champs around the corner. Whilst Annwen proved herself in the longer event, a change from her usual 800m. In fact, in both events, Cardiff can look forward to dominating the Welsh Championships at the end of the month.

The sprints, provided by far the biggest improvement on the first match. In the 100m, Hurdles specialist Lana Culliford, took 3rd place overall with team mate Jessica Wadey a very close 4th. Another overall 4th place in the 200m for Jessica, added more, points along with an overall 7th for Issie Tustin.

The girls 4x100m Relay Team, of Jessica, Lana, Sofia Vella and Issie Tustin went from 4th, in the first match to a brilliant 1st place, with a time of 56.05. A time fast enough to have finished 2nd in the boys relay!!

Another great win for Lana in the 70m Hurdles, and a very good debut in the same event by Daisy Morgan, means that the sprinters can also look forward to the up coming Welsh Champs...

In the throwing events, the ever consistent Bethan Gammon had another good day, which included a PB in the Discus and good points in the Shot. In the Javelin, however, Betahn was eclipsed by, none other than twin sister, the endurance specialist, Annwen!

Daisy Morgan in the Shot, and Rebecca Perry in the Discus, all helped towards a very good points haul in the Throws.

The ever improving Silva Brindle in the Long Jump, along with Ellie-May gave Cardiff valuable points. Ellie-May, in her first competition, along with Lana gave the girls maximum points in the High Jump. In both HJ and LJ, the under 13 girls are improving with every outing.

Aside from the numerous excellent individual performances, another feature of the under 13 girls team was the amount of athletes competing for the club for the first time. As well as Daisy, Rebecca and Ellie-May, Evie Poyner earned fantastic points for the club, in the first track event of the day, by taking 2nd place in the 1K Walk, making Evie the highest points scorer of the newcomers. Other debutantes included Catrin Jones, Efa Cray and Caitlin Chapman.

**Under 13 boys:**

Athlete of the day: The 4x100m Relay Team

Where else? With a point to prove, the 4x100m Relay Team, made sure there were no mistakes . This time it was expectation rather than hope. The Relay Team of Thomas, James, Alfie and new member Oliver Cooper, capped off a great day for the under 13 boys. Again, pushed all the way by the Cardiff Archers team in the re-match, it's now honours even, in this fantastic duel!

Having lost the first match by 1 point, the under 13 boys, raised their game, and competed as a Team.In this match, they won by 7 points. Nowhere was this effort more evident than the efforts of Alfie Davies and Tomi Owens. The two did not hesitate in volunteering themselves to fill the 2 vacant spaces in the 1K Walk. Without their efforts the under 13 boys would have lost again.

The sprint duo of Thomas Hanson and James Kennett continue to lead from front and bag the team huge points in both league competitions. Not content with sprinting, they both perform fantastically well in the throwing events too. In this match, Thomas won the Shot Put whilst James continues to be amongst the best in the Javelin.

When it comes to the throwing events, Jay Morse keeps getting better and better. Despite a stomach bug, en route to the match, Jay started the day with a great 5 metre PB in the Javelin to take 3rd place. He won the Discus, with a new PB, and was part of a Cardiff One-Two with Thomas in the Shot.

In Johnathan Gibson's absence, Adam Mohsin came back to the Long Jump, to take 3rd place. A rare bad day for Adam, in the High Jump, saw Oliver Cooper step in and win the HJ. Newcomer Leo Comanescu, got points for Cardiff too.

It was mixed fortunes for the endurance runners. A recent change in the rules meant that Alfie and Tomi had to be withdrawn from the 800m, as they had already taken part in the 1k Walk. A new name in the 800m, Daniel John had a great competition debut, finishing 4th with a time of 2:35.48. another debutant, Will Bright, was Cardiff's other point scorer. In the 1500m, it was Morgan James again, who got points for Cardiff, along with yet another newbie William Howkins!

In the 75m hurdles, Huw Ward was 2nd, with Daniel John 3rd. Also making their competition debut, were Max Long and Cameron Fisher. Jamie Haughton took on the 75m hurdles and High Jump, as well his best event the Javelin.

**Under 15 girls:**

Athlete of the day: Lauren Evans

Another great performance from Cardiff’s Under 15 girls, taking 1st place in their age group with 276 points.  Notable performances were from:

Rebecca Kennett who took 2nd place in the 100m.  Bethan Register was 2nd in the 200m and also gained 2nd place in the 300m. Catrin Lord came 1st in the Long Jump and 3rd in the 200m. In the high jump Cardiff took 1st and 2nd place with Niamh Galton smashing her High Jump PB by 8cm to jump 1.53 and take 1st place. Lauren Evans was 2nd with another great jump of 1.50. Lauren also took 1st place in the 75m hurdles and 3rd place in the long jump. Tia O’Sullivan was 4th in the hurdles gaining valuable points for the team.   Elishka Coupar came 2nd in the 800m and 3rd in the Hammer, with Ellen Evans taking 2nd place in the Hammer, Ellen also picked up points in the Discus and shot.  Ella Comanescu had a great day at the shot smashing her PB to throw 9.94 and achieving a G1 rating.  Elin Glaves threw a great throw to win the Javelin despite only being allowed one throw and no warm up due to a late arrival. Many thanks to Elin who had to rush from a previous engagement in Cardiff that finished at 11am to make it to the competition!

Our U15 girls won the 4x100 relay with the team comprising Lauren Evans, Catrin Lord, Rebecca Kennett and Bethan Register.

Other points scorers were: Tahlia Taylor in the 100m, (sadly Tahlia had to withdraw from her other events due to an injury. We all wish Tahlia a speedy recovery.) Ameera Hassan - 300m, Amber Harding - 800m and Discus,  Tia O’sullivan - 75mh, Belinda Wallace and Ellie Powel - 1500m and  Angel Powel – LJ.

**Under 15 boys:**

Athlete of the day: Harry Hillman

An outstanding performance was seen from Cardiff’s Under 15 boys who also took 1st place with 332 points out of a possible 352 points, dropping only 20 points in total! Notable performances came from:

Aeron Evans in his debut performance won the 1k walk. Thanks to Aeron who only took part as we had no competitors in this event, as a result he had to forgo his main event, the 800m, as the rules state only one distance race in a day for u15s. Thanks also to Daniel McKerlick who also filled in for this event. Sam Wink came 3rd in the 100m and joint 3rd with Jake Heyward in the 200m. Jake was also 1st in the 300m. Harry Hillman made it a triple success winning the 200m, shot and long jump. Congratulations to Jo Alder on his 3 second PB in the 800m, which gained him 3rd place.  Also a big congrats to Ieuan Jones who also achieved an impressive 8 sec PB in the 800m, Ieuan also picked up points in the 300m. Rhys Jones brought home 1st in the 1500m.  On the field, Liam Francis was 3rd in the HJ and Rhodri Davies and Jasper Hawkins took joint first in the pole vault.  Josef Williams was 3rd in the Long Jump. Owain Jenkins took 2nd in the shot and the hammer and came 1st in the Javelin, with Kieran Grimwade gaining 1st place in the hammer, 2nd in the discus and 3rd in the javelin.

As with the girls our U15 boys relay came 1st comprising Sam Wink, Harry Hillman, Jack Murray and Jake Heyward.

Other points scorers were:

Jack Murray – 100m and discus, Joshua Whiston-1500m, Jordan Fender and Iwan Williams - 80mh, Iwan also scored points in the HJ along with Liam Francis and Josef Williams scored points in the LJ.  Well done to all our Cardiff U15 boys.

I would also like to take this opportunity to thank all our athletes for a great day of competition. Special thanks to those who helped out with official duties (a special mention for coaches Keith and Harvey) and helped to make the day a success.

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/W%20U15%20Lg%202013%20Hereford.pdf)

## [Cardiff head for promotion](http://www.cardiffaac.org/news/cardiffheadforpromotion.htm) Sunday 9 June 2013

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

Cardiff's senior men's British Athletics League team produced a solid all round performance in the second round match at the Linford Christie stadium, London, yesterday, to remain on course for promotion back to the Premiership division.

With two rounds to go, Cardiff and Liverpool head the table with 15 points each, three points clear of third placed Windsor, Slough Eton & Hounslow and seven points clear of fourth placed Kent AC.

Cardiff produced six individual event winners but piled up the points by fielding athletes in every event.

The individual winners were: Joe Maynard (800m A);  Carl Hill (800m B);  Tom Marley (1500m A);  James Mills (1500m B); Jonathan Bailey (high jump B); and Gary White (triple jump A).

**The match score was:**  
  
1.  City of Liverpool (376 points)  
2.  Cardiff AAC (319)  
3.  Windsor Slough Eton & Hounslow (270)  
4.  Thames Valley Harriers (265.5)  
5.  Glasgow City (256)  
6.  Kent AC (252)  
7.  Basingstoke & Mid Hampshire (235.5)  
8.  Southend AC (215.5)

**After two rounds the league positions are:**  
  
1.  City of Liverpool (15 points) (723 match points)  
2.  Cardiff AAC (15) (677 match points)  
3.  Windsor Slough Eton & Hounslow (12)  
4.  Kent AC (8)  
5.  Glasgow City (8)  
6.  Thames Valley Harriers (8)  
7.  Southend AC (3)  
8.  Basingstoke (3)

A fuller report will follow from team manager James Williams.

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/BAL%202%202013.pdf)

## [Nike visit next Monday](http://www.cardiffaac.org/news/nikevisitnextmonday.htm) Wednesday 5 June 2013

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

The next Cardiff AAC parents' evening (next Monday, 10th June) will include a presentation by Nike of their products and services.

Nike will cover footwear and other sportswear as well as explaining and offering gait analysis

The presentation will start at around 6pm and discount vouchers will be on offer.

Numerous Cardiff athletes have worked either full or part time at the Nike store in Cardiff and there may be opportunities for others.

Also in attendance, by popular request, will be nutritionist Joanne Jackson to give personal advice.

See the attached [**information sheet**](http://www.cardiffaac.org/files/Parents%20info%20Evening%20-%20Flyer%20TEMPLATE%20NIKE%20June%202013%20(2).pdf) for further details.

## [Mixed results for juniors](http://www.cardiffaac.org/news/mixedresultsforjuniors.htm) Monday 3 June 2013

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

Cardff's National Youth Development League teams both travelled to Rugby over the weekend for the second round matches in this new league.

The under 15/under 13 team produced an improved performance over the first round outing, again finishing fourth but only nine points behind third placed Birchfield Harriers. This keeps the team in fourth place overall with two matches to go.

The under 20/under 17 team had been decimated by withdrawals because of GCSE examinations starting the following day and slipped from fourth to fifth place overall in the Midland premier division.

The under 13/15 team chalked up numerous winners during the afternoon and the secret of the improved performance was the fact that Cardiff was unable to field an athlete in only seven individual events.

**Individual event winners were:**

**Under 13 girls:**  Gwenno Waddington (1500m A);  Sarah Omoregie (75mH A & high jump A); Lauren Evans (long jump B & high jump B);  Jessica Wadey (1200m B).

**Under 13 boys:**  Thomas Hanson (100m A & 200m A);  James Kennett (100m B & 200m B);  Owen Cooper (long jump B);  Adam Mohsin (high jump A).

**Under 15 boys:**  Harry Hillman (80mH A);  Kieran Grimwade (javelin B).

**The match result was:**

1.  Rugby & Northants (490 points)  
2.  Swansea H (471)  
3.  Birchfield H (420)  
4.  Cardiff AAC (411)  
5.  Notts AC (375)  
6.  Bristol & West (307)

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/NYDL%20younger%201%206%202013.pdf)

The uner 17/20 team included a number of individual event winners but lost points massively by being unable to field athletes in far too many events.

**The individual winners were:**

**Under 20 men:**  Sam Gordon (100m A);  Charlie Walker (400m B);  Jacob Preece (800m A);  Ryan Cooper (400mH A);  Adrian Lawrence (triple jump A).

**Under 20 Women:**  Rebecca Evans (1500m B);  Rhianwedd Price (1500m steeplechase A).

**The match result was:**

1.  Birchfield H (642.5 points)  
2.  Rugby & Northants (642)  
3.  Team Avon (538)  
4.  Swansea H (448)  
5.  Cheltenham & Gloucester (426)  
6.  Cardiff AAC (308.5)

To view the full results click on [**RESULTS**](http://www.cardiffaac.org/files/NYDL%20older%202%206%202013.pdf).

## [PBs at BMC Grand Prix](http://www.cardiffaac.org/news/pbsatbmcgrandprix.htm) Sunday 2 June 2013

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

Cardiff's Tom Marshall and Mike Ward (pictured in the recent regional championships) both set new personal best at the British Milers' Club Grand Prix in Sheffield yesterday, 1st June.

Tom came second in the A 1500m race in a time of 3:41.87 while Mike Ward set a new personal standard of 3:48.11. Also in the 1500m were James Thie (3:48.04) and Stephen Morris (4:03.82).

In the women's 800m, Danni Cocking set a new best of 2:11.38 while Joe Maynard did likewise, clocking 1:48.28 in the men's race.

Others competing in Sheffield were Kevin Seaward (a personal best 5,000m in 14:29.72), Rhianwedd Price (making a debut in the 3000m steeplchase in  11:1104) and Emily Brown (close to her best with a 3000m steeplchase of 10:47.75).

Meanwhile, also yesterday, at a Welsh Athletics organised competition trip to the AtleticCA in Geneva, several Cardiff athletes took advantage to achieve good results.

Dewi Hammond set a new personal standard od 10.64 in the 100m while, in the 200m, Rhys Knapman clocked 21.89, Lemarl Freckleton 22.02 and Anax Da Silva also 22.02.

In the 400m Ryan Lee (17) was timed at 48.58. Paul Bennett achieved 53.16 in the 400m hurdles, Emma Pullen a 53.75 400m, Rhiannon Linnington-Payne a 56.52 400m and Ffion Price was just outside her season's best with 2:10.70 in the 800m.

## [Closing dates looming](http://www.cardiffaac.org/news/closingdateslooming.htm) Thursday 30 May 2013

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

Now that the track season is in full swing, it is time to enter championships.

The first closing date for Welsh Championships is Monday 3rd June. Yes, **NEXT MONDAY**. Others follow soon after so don't miss them.

All athletes should enter the Welsh championships, especially as Cardiff members did so well in the recent regional championships.

The closing dates are;

03.06.13: U13 and U15 combined events; U17 and U20 Pentathlon and all Walks; masters (track events only).

06.06.13: U17 and U20 track and field; Senior 1500m and 10,000m; masters (field events only).

13.06.13: U15 and U13 and Senior track and field (except 1500m and 10,000m).

24.07.13: U15, U17, U20 and senior 300m.

The link to the Welsh Athletics web page which provides a provisional timetable and the online entries system can be found [**HERE**](http://www.welshathletics.org/competitions/events/track--field/2013/06-jun/welsh-championships-outdoor-2013.aspx).

Paper copies of the entry form are available in the club room but it is cheaper to enter online.

Do it now.

## [Tom Marshall 7th in London](http://www.cardiffaac.org/news/tommarshall7thinlondon.htm) Tuesday 28 May 2013

[](http://www.cardiffaac.org/news/tommarshall7thinlondon.htm)

Cardiff's Tom Marshall was seventh in the prestigious Bupa Westminster Mile, held in London on Sunday last, 26th May, in a time of 4:05. Team mate James Thie was in 14th place (4:10) and Tom Marley 16th (4:14).

Also in London, Tommy Davies finished an excellent 10th in the London 10k, with Carwyn Jones following him home in 26th place.

Meanwhile, at the Bedford International Games, Emma Pullen won the A 400m in a fast 53.51 which puts her in 13th place in the UK rankings.

Also in Bedford, Ryan Cooper followed up his regional championships 400m hurdles win the previous day with a 56.90 run in the 400m hurdles. Gareth Morris clocked 54.87, also in the 400m hurdles.

In addition, Rhiannon Linngton-Payne clocked 56.51 in the 400m and Dewi Hammond ran a leg in the winning Great Britain under 20 B team 4x100m relay.

## [Cardiff top in Region](http://www.cardiffaac.org/news/cardifftopinregion.htm) Sunday 26 May 2013

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

Cardiff athletes dominated the South Wales regional championships held at Newport yesterday, 25th May.

In generally good but occasionally breezy and cold conditions, Cardiff athletes won 162 medals, plus another 15 in the East Wales championships that were held in conjunction.

European 400m hurdles Champion Rhys Williams, looking to test his flat speed, won the 400m in a personal best time of 46.69 from Gareth Hopkins (48.74) and Daniel Dell (50.79). the 400m was just one of 15 events where Cardiff won all three medals.

Clean sweeps were achieved in the U13 boys high jump, U15 boys 200m, U15 girls 100m, U15 girls 200m, U15 girls long jump, U17 mens 100m, U17 mens 800m, U17 mens 1500m, U17 women's 300m hurdles, U20 mens 1500m, U20 mens shot put, senior mens 400m, senior mens 1500m, senior womens 200m, under 20 womens 1500 (East Wales).

Triple individual winners were Jessica Wadley, Harry Hillman and Francis Baker; brother and sister James and Rebecca Kennett each won their respective 100m; Ryan and Kieran Grimwade were also double winners; and young Jay Morse, following in big brother Brett's footsteps, won the under 13 boys shot put and discus.

Numerous personal best performances were recorded.

It is interesting to note that Cardiff athletes were in action in all four of the regional championships over the weekend. Is this unique?

**Cardiff's individual medallists were:**

**Under 13 boys:**  
**Gold:**  James Kennett (100m);  Adam Mohsin (high jump);  Jay Morse (shot put & discus).  
**Silver:**  Tomi Owens (800m);  Huw Ward (75m hurdles);  Oliver Cooper (high jump);  James Kennett (javelin);  Jonathan Gibson (long jump).  
**Bronze:**  Jonathan Gibson (high jump);  Adam Moshin (javelin).

**Under 13 girls:**  
**Gold:**  Jessica Wadey (100m & 200m & 800m);  Lucy Dennis (1500m).  
**Silver:**  Lana Culliford (70m hurdles);  Sofia Vella (800m & long jump);  Abi Fisher (1500m);  Bethan Gammon (discus).  
**Bronze:**  Lana Culliford (100m);  Kiara Frizelle (800m);  Alisha Hayes (1500m);  Bethan Gammon (shot put & javelin);  Alice Cudihee (discus).

**Under 15 boys:**  
**Gold:**  Harry Hillman (100m & 80m hurdles & high jump);  Sam Wink (200m);  Jake Heyward (800m);  Rhys Jones (1500m);  Joshua Whiston (3000m);  Owain Thomas-Jenkins (shot put);  Kieran Grimwade (hammer & javelin).  
**Silver:**  Stephen Jones (200m & 300m);  Aled George (800m);  Rhodri Davies (pole vault);  Owain Thomas-Jenkins (hammer).  
**Bronze:**  Sam Wink (100m);  James Abdilahi (200m);  James Vincent (high jump);  Jasper Hawkins (pole vault);  Kieran Grimwade (shot put).

**Under 15 girls:**  
**Gold:**Rebecca Kennett (100m);  Bethan Register (200m & 300m);  Seren Alin (800m);  Gwenno Waddington (1500m);  Amber Harding (3000m);  Lauren Evans (75m hurdles);  Catrin Lord (long jump);  Elen Evans (hammer).  
**Silver:**  Catrin Lord (100m & 200m);  Caitlin Exton (300m);  Emily Griffin (800m);  Victoria Shaw (1500m);  Lauren Evans (long jump);  Elen Evans (shot put & hammer).  
**Bronze:**  Anna Roelvink (100m);  Rebecca Kennett (200m); Lauren Evans (high jump);  Katy Green (long jump).

**Under 17 men:**  
**Gold:**  Iori Moore (100m & 200m);  Dafydd George (800m);  Ciaran Lewis (1500m);  Ryan James (400m hurdles);  Tom Trotman (high jump & long jump);  Ryan Grimwade (hammer); Gage Francis (triple jump).  
**Silver:**  James Carlisle (100m);  Corey Lower (200m);  Ryan James (400m);  James Duffy (800m);  Lewis Brunt (1500m);  Luke Harry (400m hurdles);  Ryan Grimwade (high jump & javelin).  
**Bronze:**  Gage Francis (100m);  Corey Lower (400m);  Nicholas Jones (800m);  Liam Hatch (1500m).

**Under 17 women:**  
**Gold:**  Kate Seary (1500m);  Alice Nottingham (80m hurdles & triple jump);  Megan Williams 300m hurdles);  Lottie Coakley (high jump);  Olivia Evans (pole vault);  Claire Taylor (shot put);  Tasia Stephens (javelin).  
**Silver:**  Olivia Evans (200m);  Kate Seary (300m);  Rosie-May Thompson (1500m);  Danni Short (300m hurdles);  Lucy Maton (high jump);  Claire Taylor (long jump).  
**Bronze:** Amelia Graham (100m);  Megan Williams (200m);  Lucy Cuddihee (300m & 300m hurdles); Olivia Evans (long jump);  Brooke Langton-Cryer (shot put).

**Under 20 men:**  
**Gold:**  Jacob Preece (800m);  Sam Longville (1500m);  Matthew Edwards (3000m);  Ryan Cooper (400m hurdles);  Jonathan Bailey (high jump);  Adrian Lawrence (triple jump);  Matthew Field (shot put);  Matteo Holmes (discus);  Jac Palmer (hammer);  Ryan Leonard (javelin).  
**Silver:**  Mark Prentice (100m & 200m);  Jack Gooch (1500m);  Jacob Preece (triple jump);  Matteo Holmes (shot put & hammer & javelin).  
**Bronze:**  Jacob Preece (1500m & shot put).

**Under 20 women:**  
**Gold:** Molly Probert (100m & 200m);  Lara Durrani (400m);  Rebecca Evans (800m & 1500m);  Cerys Broad (high jump);  Lucy Daly (pole vault).  
**Silver:**  Lara Durrani (200m).

**Senior men:**  
**Gold:**  Gareth Hopkins (200m);  Rhys Williams (400m);  Mike Ward (1500m);  Brian Dias (3000m);  Francis Baker (high jump & discus & javelin);  Adam Williams (triple jump).  
**Silver:**  Francis Baker (100m);  Daniel Dell (200m);  Gareth Hopkins (400m);  Brian Dias (800m);  Stephen Morris (1500m);  Sean Power (triple jump).  
**Bronze:**  Daniel Dell (400m);  Brian Dias (1500m).  
 **Senior women:**  
**Gold:**  Rhiannon Linnington-Payne (100m);  Emma Pullen (200m);  Emily Brown (800m & 1500m);  Sarah Kelly (long jump);  Alyson Hourihan (shot put & discus).  
**Silver:**  Rhiannon Linnington-Payne (200m); Sue Hooper (100m);  Alyson Hourihan (hammer & javelin).  
**Bronze:**  Sue Hooper (200m).

**East Wales medallists:**

**Gold:** Ryan Lee (U20 men 200m & 400m);  Charlie Walker (U20 men 800m);  Ffion Price (U20 women 800m & 1500m);  Bethan Hill-Howell (U20 women triple jump);  Chris Prothero (SM 100m);  Bethan Strange (SW 400m & 800m).  
**Silver:**  Melissa Roberts (U17 women 200m);  Malika Rezougui (U20 women 800m);  Rhianwedd Price (U20 women 1500m);  Ashley Andrews (SM hammer).  
**Bronze:**  Malika Rezougui (U20 women 800m).

**West Wales:**  
**Gold:**  Thomas Hanson (U13 boys 100m & 200m)  
**Silver:**  Thomas Hanson (U13 boys shot put).

**North Wales:**  
**Gold:**  Gwynant Jones (U20 mens 800m).

The full results can be viewed by clicking [**RESULTS.**](http://www.cardiffaac.org/files/Reg%20CH%20May%202013.pdf)

## [Thank you Barclays Bank](http://www.cardiffaac.org/news/athankyoubarclaysbank.htm) Tuesday 21 May 2013

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

Cardiff AAC has benefited from Barclays Bank's Matchfunding Scheme to the tune of £750 and business manager Sharon Greer visited the club last night to present a cheque to club treasurer Graham Webb.

Sharon explained that the Barclays scheme is specifically designed to help voluntary groups and matches pound for pound what the group itself raises, up to a maximum of £750. She said that she was delighted to help Cardiff AAC and was very impressed with the enthusiasm of the young athletes who would benefit.

Also present was  Jeff Gorwill of LWC Drinks Limited who generously donated a hamper of drinks as a prize.

Barclays' contribution will be added to the £875 raised by the club itself at the very successful "race night" held in March and organised by club secretary Ann Cooper and her husband Tony.



Treasurer Graham Webb, accepting the Barclays cheque, explained that the funds raised from the race night would be used to help subsidise the heavy costs of team travel for the junior teams. He emphasised how important sponsors are to the club which is an entirely voluntary organisation.

## [New club record for Rhys](http://www.cardiffaac.org/news/newclubrecordforrhys.htm) Sunday 19 May 2013

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

Cardiff's Rhys Williams looks to be heading for his best ever season as he set a new personal best time of 48.90 for the 400m hurdles at the Loughbrough International today. Once again, fellow Olympian Jack Green failed to finish.

In winning his speciality event, Rhys consolidated his position at the top of the UK and European rankings and improved his previous best of 48.96 (set in the 2010 European Championships) by 0.06 second.

Cardiff's Tom Marshall set a new personal best in winning the 1500m in 3:44.84. Gareth Warburton clocked 3:46.53 in the same race.

Other Loughborough performances by Cardiff athletes were:

Paul Bennett (53.26 400mH);  Dewi Hammond (10.91 100m);  Elliot Slade (1:50.47 800m);  Matthew Field (16.05m shot put);  Francis Baker (14.83 110mH & 6.81 long jump);  Larmarl Freckleton (21.72 200m);  Emily Brown (10:45.16 3000m steeplechase);  Ffion Price (4:26.15 a500m); Rhiannon Linnington-Payne (56.42 400m);  Ffion Bodilly (1.64m high jump);  Mica Moore (24.54 200m & 12.07 100m);  Ryan Cooper (57.35 400mH).

Congratulations also to David Omoregie who produced a personal best of 13.68 in an U20 men’s 110m hurdles guest race to achieve the European Junior qualification time at the age of just 17.

## [PBs at BMC GP](http://www.cardiffaac.org/news/pbsatbmcgp.htm) Saturday 18 May 2013

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

A contingent of Cardiff AAC athletes travelled to Sollihull today, 18th May, in search of good competition and fast times at the British Milers' Club grand prix and were well rewarded with personal best performances.

Elliot Slade went to the top of the latest UK under 20 rankings with a personal best 800m time of 1:48.93. Close on his heels, making a debut in the 5000m, Mike Ward clocked 14:36.26 to go second in the UK in the under 20 age group.

PBs also came from Kate Seary (2:13.14 in the 800m) which pushed her to 6th in the under 17 UK rankings and Dani Cocking (4:44.38 in the senior 1500m).

Other good performances came from Joe Maynard (senior 800m - 1:48.99) which places him 12th in the UK, Tom Marley (800m - 1:51.96); Jacob Preece (800m - 1:57.86); John Cove (under 17 1500m - 4:01.26) which puts him 5th in the UK; Ellie Atkinson (under 17 1500m - 4:38.90) which places her second in the UK; and Bethan Strange (1500m - 4:38.72).

Meanwhile, at the BMC event in Milton Keynes, Ciaran Lewis reduced his best time for the 1500m steeplechase by six seconds to 4:35.26 to move to third place in the latest UK rankings. Rhianwedd Price won the women's 2000m steeplechase at the same event in 7:02.21.

These early season performances augur well for further improvements as the season progresses.

## [Second place for juniors](http://www.cardiffaac.org/news/secondplaceforjuniors.htm) Tuesday 14 May 2013

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

Cardiff's Welsh under 15 league team travelled to Hereford on Saturday last, 11th May, for the first round of this year's series.

In poor weather conditions (rain and cold blustery wnds), Cardiff produced 20 individual winners to score a total of 1113 points, 129 behind Cardiff Archers' 1242.

These two teams are well ahead of the others and Cardiff will be aiming to return to the top of the division in the remaining matches.

**The match result was:**

1.  Cardiff Archers (1242)  
2.  Cardiff AAC (1113)  
3.  Newport H (723)  
4.  Cwmbran H (592)  
5.  Hereford & County AC (520)  
6.  Aberdare Valley AC (343)  
7.  Blaenau Gwent AC (331)  
8.  Rhindda AC (220)

To vie the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/W%20U15%20Lg%2011%20May%202013.pdf)

The team managers were pleased with the performances of the athletes who travelled to Hereford and their report is as follows:

**UNDER 11s Girls:**

In a team made up mostly of newcomers, a familiar name leads the way.  Cassey Grimwade, followed in her big brothers' footsteps and was Cardiff AAC's highest under 11 points scorer, after a 1st place in the Shot Put and a 2nd place in the Javelin.

As for the newcomers, Scarlett Russell had a fantastic win in the Javelin, along with Cassey, earning Cardiff maximum points in the Javelin. Scarlett also anchored the 4x100m Relay team to an impressive 2nd place.

Elsewhere, Emmanuella Kone showed good sprinting potential, finishing 2nd in her Heat and overall 7th out of 27 entries in the 150m. In the 75m, Olivia Thomas was Cardiff's fastest, in a good 12.20s, with Ruby Richardson also having a good debut winning the 4th Heat in the 75m.

**UNDER 11 Boys:**

Also following in his Big Brothers' footsteps, is Ben Vincent, younger brother of the extremely popular James. Ben's highlight was the 800m where he came in under the 3 minute mark, with 2:58.42, and also picking up points in the Long Jump.

The highest point scorer for the 11 boys was Kai Scurlock, who ran a good 12.02sec in the 75m, a solid 3.19m in the Long Jump, as well as going under the 25 second mark in the 150m. Also picking up points, was Alexander Kullkani, who clocked 12.50sec in the 75m, and 24.86sec in the 150m. Alexander was Cardiff AAC's only representative in the Shot.

Other point scorers include Carwyn Hastings who also ran the 800m in under 3 minutes, and Matthew Haughton who threw a good 13.07m in the Javelin. A competition where former Cardiff AAC athlete Elys Robjohn broke the all time Welsh Junior League record with a fantastic throw of 28.34m!! Smashing the old record of 27.20m, by over a meter...

**UNDER 13 Girls:**

As expected, it was the endurance girls that stole the show!! The 800m, saw Sofia Vella go head to head with Isobel Williams of Cwmbran. The two were shoulder to shoulder from the gun, to the finish line. Sofia's famed kick saw her inch closer and closer to, Isobel, the 2013 Welsh Indoor Champion. Cheered on by both clubs down the home straight, Sofia came within a whisker (0.3sec) of beating the girl currently ranked number 1 in Wales. In the 2nd heat, Annewen Gammon, took 3rd place overall for Cardiff, winning her heat by almost 100m!

The 1500m, proved even more exciting. As we welcomed the 2013 1500m Welsh Indoor Champion Abigail Fisher to the club, it was a new name that won the race, helping Cardiff AAC to maximum points in the 1500m. Few people, apart from maybe coach Liz Davies, would have expected Jessica Wadey, to clinch this race, again on the line. There was just over half a second separating the two girls. A Cardiff One-Two!

Aside from the endurance races, there is no doubt who the star of the day was. Having had a very good competition in Bristol the previous week, Lana Culliford, produced what was arguably the performance of the day in winning the 70mH. Her time of 12.13sec, earning her a Grade 2 mark in the AAA Standards  and it didn't end there. Buoyed on by her success in the hurdles, Lana went on to win the girls High Jump. In an event, seen as a weakness for the club, this win will be most welcome. She then went on to pick up some useful points in the Discus.

In the 1k Walk, Jeri-Lyn Grabham gave Cardiff AAC a great start to the day, winning the first Track event of the day. Other point scorers, included Issie Tustin who went under 30 seconds, in the 200m, with an excellent new PB of 29.92s. Bethan Gammon, picked up points in the Javelin, Shot and Discus, along with, Sylva Brindle in the Long Jump.

**UNDER 13 Boys:**

There is only one place to start! The 4x100m relay. The newly formed quartet, started the race as overwhelming under dogs. They came up against, an excellent Cardiff Archers team, consisting of 3 former Cardiff AAC athletes, including last year's standout under 11 and still good friend with many Cardiff athletes, Daniel Murathodzic. Alfie Davies handed the baton, to Thomas Hanson, who has been a fantastic recent addition to the Team. Thomas' leg made a huge difference and tipped the balance in Cardiff's favour. Jonathan Gibson, fresh from his exploits in the Long Jump, kept the pressure up to hand over to anchor man James Kennett. Starting neck and neck with Daniel, no one could take their eyes off the home straight. James dug in deep and held off a never been beaten before Archers quartet. The result, however, has been over shadowed by an error in the results sheet, which gave the win to Archers.

Away from the relays, there were two very special individual performances. Scoring the most number of points was Jay Morse, winning the Shot Put and Discus. Yes. Think Morse, think Discus! Jay is the younger brother of Welsh Record holder Brett Morse. Jay's throw of 25.53m, earned him a Grade 1 mark in the AAA Standards. Jay has his sights on matching (and beating) his big brother’s records. With this impressive performance in his first ever competition, who can disagree?!

The other individual to stand out, was Jonathan Gibson, winning an extremely competitive Long Jump event. In very strong windy conditions, Jonathan followed a solid performance in Bristol last week, with a great jump of 4.31m in Hereford. In a competition that contained the current Welsh number 1. Jonathan dealt with the bad weather better than his competitors and produced the 3 best jumps of day, having also jumped 4.24m and 4.26m. Finishing 2nd in the High Jump, meant that Jonathan had a day to remember.

Other point scorers included, Alfie Davies who took more than 2 seconds off his 800m PB to come a very close second. He later dropped down to the 200m, to finish 5th out of 23 athletes. Adam Mohsin, who is currently too injured to take part in his normal event, the High Jump, nevertheless, helped Jay Morse to get maximum points for Cardiff in the Discus with a good 15.69m throw, to take 2nd place behind Jay. Another Cardiff One-Two!

In the 1500m, Morgan James crossed the line 3rd, adding good points to the Cardiff tally, along with Carwyn Phillips in the 800m and Oliver Cooper in the High Jump. The newly acquired Thomas Hanson took 2nd place in the 100m and 200m, as well as another Cardiff one-two in the Shot with Jay Morse.

Another possible error in the results sheet, means that the Javelin results are being reviewed by Welsh Athletics.

**Under 15 Girls :**

A great performance from Cardiff’s Under 15 girls, taking first place in their age group with 230 points.  Notable performances were from:

Lauren Evans who took a first place double in both the 75m Hurdles and  High Jump. Catrin Lord, recovering from injury, took 2nd place in the long jump.   Elen Evans  took 2nd place in the hammer.  Caitlin Exton came 1st in her debut performance at 300m. Emily Griffin and Emma Lightart stormed to an excellent finish in the 800 to take 1st and 2nd places respectively.  Elishka Coupar had a great run in very difficult conditions to take 2nd in the 1500m followed by Caitlin Exton in 3rd place.

**Under 15 Boys:**

Also a great performance from Cardiff’s Under 15 boys who took 2nd place to Cardiff Archers with 231 points to their 262. Notable performances came from:

Jake Hayward, was seen in the unfamiliar setting of the 200m and 300m.  In the 200m Jake had a convincing win in the first heat and went on to take 2nd place overall.  His excellent performance in the 300m saw Jake storm through, not only to take first place, but the league record with an outstanding result of 38.97, previously set by Ryan James also of Cardiff.

In the 800m Joe Alder had a convincing performance winning by 6 seconds, also in the top 3 was Ieaun Jones who took 3rd place for Cardiff.

Despite the terrible weather conditions of cold winds and rain, James Vincent brought home 3rd place in the 1500m. James also went on the win the high jump with a new personal best of 1.48m, with 3rd place going to Liam Francis.

Owain Thomas Jenkins had an excellent day making it a triple 1st in the shot, Hammer and Javelin.  A great performance also came from Kiaran Grimwade, who took 1st place in the discus and 2nd place in the Hammer and Javelin.

Jack Murray also did well to take 2nd place in the Discus.

Finally in the 4 x 100 relay Joe Alder, Jack Murray, James Vincent and Jake Hayward brought home 2nd place.

Well done to all our athletes a great start to the season!**© Copyright 2009 Cardiff AAC**

## [Winning start for senior men](http://www.cardiffaac.org/news/winningstartforseniormen.htm) Saturday 11 May 2013

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

Cardiff's British Athletics League team got off to a perfect start by winning the opening match of the season, held today at Cardiff International Sports Stadium.

Fresh from his European leading time a few days earlier, European Champion Rhys Williams led by example and won the opening track event, the 400m hurdles, in 50.03, an excellent time in the difficult conditions; a very strong headwind in the home straight and no meaningful opposition. Paul Bennett matched his team mate by winning the 400m hurdles B race.

Cardiff win followed Cardiff win and the final result was a clear win by 12 points from demoted Premiership team City of Liverpool.

Especially noteworthy was the number of junior members of the team who responded to the challenge of senior competition with outstanding fighting spirit and excellent results.

Jubilant team manager James Williams writes.

*Cardiff AAC's senior men team kicked off its 2013 BAL campaign in style by winning the first match by 12 points with a huge overall total of 358 points at a blustery and at some points gale force Cardiff International Sports Stadium.*   
  
*The team, featuring lots of new faces making their debuts, led from start to finish to set the team up for another stab at promotion back to the Premiership.*   
  
*In the field, the day started with a surprise 2nd place for multi eventer David Guest in the Discus - a pb of 43.21m, with fellow multi eventer and training partner Curtis Mathews also hitting a  personal bets to win the B event with 42.68m. The throws continued to provide strong points for the team with new recruit Mathew Richards throwing 60.04m for 3rd in the Hammer, backed up superbly with Ashley Andrews throwing a PB to finish 2nd the B event with 51.91m. David Guest returned in the shot throwing 12.37m for 2nd in the B event, while Mathew Field was happy with his throw of 14.11m for 3rd in A after struggling with injury in the past couple of weeks. The Javelin was the final event of the day with Ryan Leonard finishing 2nd with 56.48m, while 3rd overall and winning the B was Bradley Cole with 56.29m.*   
  
*The start of the track events showed the club's intent as they won the first 3 events. Rhys Williams, fresh from his Commonwealth and World qualifier a few days previously, won easily in 50.03, impressive considering the windy conditions. Making a succesful debut for his new club, Paul Bennett battled hard in lane 1 to win the B event in 54.14. Next on track was the 800m - and, racing for the first time this season, Elliot Slade battled hard down the home straight to win in 1.53.81, while Joe Maynard led for 798m in the B event, just being caught on the line, but still a season's best in 1.51.43 for 2nd .*   
  
*Young sprinters Dewi Hammond and Anax Da Silva battled a strong headwind for 4th and 3rd respectively in the 100m, while Anax returned for the 200m, and battled hard in lane 1 for 4th in 22.29 against a very strong headwind. Lemarl Freckelton  ran a strong race to finish 3rd in the B event - the strong wind emphasised by the fact that his time was a second and half slower than the time he ran at BUCS the week earlier. There would be disappointment however in the sprint relay; the team of Dewi Hammond, Sam Gordon, Rhys Knapman and Anax Da Silva looked on course for a comfortable victory when Anax pulled up with a hamstring injury in the final metres. Anax bravely battled to cross the line before collapsing in pain, still managing to finish 6th and ahead of close rivals Liverpool. All of Cardiff AC hopes Anax makes a speedy recovery from his injury and that he can continue on with his impressive season.*   
  
*In the long sprint, Ryan Lee, another debutant, ran a huge PB of 48.30 for 3rd in the A race - the performance was enough to  make him Cardiff's athlete of the match. BAL stalwart Gareth Hopkins once again rose to the occasion and won the B 400 in a season's best of 49.03. Gareth would also be the lead off man in the 4x400. The team of Gareth, Paul Bennett, Elliot Slade and Olympian Gareth Warburton would battle hard in the wind for 3rd place in a time of 3.16.60.*   
  
*In the distance events, Joe Thomas used his blistering speed to sprint away in the final 200m to easily win the 1500m, while finishing fast behind him was Michael Ward. The youngster is having a great 2013 and easily won the B event (3rd overall) on his BAL debut. His training partner Matthew Edwards ran his first 3,000m steeplechase - and the Paul Darney coached athlete broke 10min for the first time for 3rd in 9.54.9, following in the footsteps of another Darney coached athlete, Christian Stephenson. In the 5,000m Carwyn Jones battled hard for 5th in the A race, while another BAL stalwart James Mills had a bit of over distance work to finish 3rd in the B event.*   
  
*In the sprint hurdles, Fran Baker battled the horrendous headwind for 3rd in the A event, and he will make his Welsh debut over the same distance next weekend in Loughborough. In the B event, running the distance for the first time, Stephen Guest ran a superb 95m before losing momentum over the last hurdle; his time of 17.20 seconds was not a fair reflection on what was a superb run - surely he can go several seconds faster this year with a decent wind and a few more races under his belt.*   
  
*In the jumps, another athlete making his debut, David Omeragie, jumped superbly to hit 6.94m to finish 5th in the A event, while Fran Baker, battlingh the elements once again, produced a couple of no jumps which meant that he needed to get a safe 6.65m to ensure points in the B event for 4th. The pole vault saw another debutant, Emyr Jones, have a solid day for 5th in 4m, while youngster David Callan had a couple of near misses on the same height - ending with a best of 3.80 for third in the B. David Guest returned again in the high Jump, clearing 1.80m for 4th in the B, while Jonathan Bailey jumped 1.85m for 4th in the A. The final jumps event of the day was the triple jump. Adam Williams jumped 13.89m for 3rd in the A in difficult conditions, while  Adrian Lawrence, another athlete making his debut, jumped 11.43m for 5th in the B event.*   
  
*After a long, nervous wait the points scores showed that Cardiff had taken victory in the first match - and the young team can hopefully use this as a spring board to push for promotion back to the premiership. The result was the best one yet under James Williams' team manager tenure. Even when the club secured promotion in 2010, they did not win a match, and the overall points total showed how well the team did as a whole.*   
  
*A special mention must go to Debbie Bull and her team who worked tirelessly throughout the day to ensure everything went smoothly; all team managers and officials commented on how well the event was run. Thank you from all of the BAL team for your hard work.*   
  
*On to London now for match 2 in early June.*

**The match result was:**

1.  Cardiff AAC (358 points)  
2.  City of Liverpool (346.5)  
3.  Windsor Slough Eton & Hounslow AC (317)  
4.  Kent AC (264.5)  
5.  Glasgow City (257)  
6.  Thames Valley Harriers (240.5)  
7.  Southend AC (209)  
8.  Basingstoke & Mid Hants AC (188.5)

To view the full results click [**RESULTS.**](http://www.cardiffaac.org/files/BAL%202013%20Cardiff%201.pdf)

## [Rhys off to flying start](http://www.cardiffaac.org/news/rhysofftoflyingstart.htm) Thursday 9 May 2013

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

Cardiff's Rhys Williams got his season off to the best possible start, winning an international 400m hurdles in Namur, Belgium, yesterday in his fastest time for three years.

Rhys dominated the race to clock 49.11 secs, almost two seconds ahead of second placer Ben Sumner.

This time makes Rhys, the reigning European champion, the first Welsh athlete to hit the Glasgow 2014 Commonwealth Games ‘A’ standard and in comfortably inside the British Athletics 'A' standard (49.40s) for the World Championships in Moscow this summer.

It makes Williams the leading European by more than a second at this early stage of the season and fifth in the world.

This is a great start for Rhys and augurs well for an excellent season.

Hopefully Rhys will be in the club's British League team for the opening match of the year at Cardiff International Stadium this Saturday.

## [Weekend roundup](http://www.cardiffaac.org/news/weekendroundup.htm) Tuesday 7 May 2013

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

Cardiff was to the fore in the Cardiff Bay 5 mile road race yesterday, Monday 6th May, with Tom Marshall, Carwyn Jones and James Mills coming home in first, second and third spots. Tom and Carwyn were side-by-side with 600m to go but Marshall’s pace over the final turns was enough to secure the victory.

Meanwhile, in Kawasaki, Japan, London 2012 Olympian Gareth Warburton opened his 800m season with a 1.48.11 at the IAAF World Challenge Seiko Golden Grand Prix.

At the BUCS universities championships in Bedford, David Guest took the long jump title with 7.19m, Emily Brown took silver in the 2000m steeplechase and Mica Moore was third in the 100m

## [Fourth place again](http://www.cardiffaac.org/news/anotherfourthplace.htm) Monday 6 May 2013

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

Cardiff's National Youth Development League team for under 15 and under 13 age groups travelled to Bristol on Saturday last, 4th May, for round one of this year's series and matched the fourth place achieved by the under 20/under 17 team a week earlier.

Cardiff produced 13 individual event winners to score 377 points, behind the winning team Rugby and Northants but ahead of Bristol & West and Notts AC.

**Cardiff's individual winners were:**

**Under 15 boys:** Harry Hillman (100mA & 80mH A  & high Jump A); Sam Wink (100mB).

**Under 15 girls:**  Catrin Lord (200mB);  Caitlin Exton (800mB);  Gwenno Waddington (1500mA);  Emma Ligthart (1500mB);  Elen Evans (HammerA);  Lauren Evans (Long Jump B).

**Under 13 boys:**  Thomas Hanson (200mB & Shot PutA).

**Under 13 girls:**  Bethan Gammon (JavelinA).

The match result was:

1.  Rugby & Northants (545)  
2.  Swansea Harriers & AC (505)  
3.  Birchfield Harriers (449)  
4.  Cardiff AAC (377)  
5.  Notts AC (351)  
6.  Bristol & West (337)

The next round will be at Rugby on 1st June.

To view the full results click [**RESULTS**](http://www.cardiffaac.org/files/UKYDL%20lower%204%20May%202013.pdf).

## [Trail running champions](http://www.cardiffaac.org/news/trailrunningchampions.htm) Sunday 5 May 2013

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

Cardiff collected two titles at the Welsh junior trail running championships held in Nany yr Arian, Aberystwyth on Saturday 4th May.

Eight Cardiff athletes made the trip and returned with three gold and two silver medals.

Gold medals went to Rhianwedd Price (under 20 women - pictured), Anna Lawson (under 18 women) and Ciaran Lewis (under 16 men)

The championships were held as part of the Red Kite challenge at the Nant Yr Arian Visitor centre which is a fantastic venue for these races. After the presentations had been made, visitors were able to see the spectacular sight of the Red Kites being fed.

Although the journey had started out in drizzle, fortunately, just before the races started, the sun came out and provided a great view of the athletes as they ran over the mountains.

**The Cardiff AAC results were as follows:**   
  
Under 20 Women - 1st Rhianwedd Price   
  
Under 18 Men - 2nd Gwynant Jones   
  
Under 18 Women - 1st Anna Lawson

  
  
Under 16 Men - 1st Ciaran Lewis, 6th Sam Curwen

  
  
Under 16 Women - 2nd Amber Harding, 4th Erin Hayes, 9th Joe-Dianna Grabham   
  
Hope fully we will have more Cardiff AAC athletes there next year.

## [Closed on Monday](http://www.cardiffaac.org/news/closedonmonday.htm) Thursday 2 May 2013

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

The club will be closed next Monday, 6th, as it is a Bank Holiday.

Back to normal on Thursday.

Also DO NOT FORGET that entries for the regional championships close on 9th May; next Friday. Don't leave it until the last minute - do it now.

## [GB vest for Beth Davies](http://www.cardiffaac.org/news/gbvestforbethdavies.htm) Wednesday 1 May 2013

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

Cardiff's Bethan Davies has been rewarded for her record breaking win in the national 20k walking championship with a place in the great Britain team to contest the European Cup of Race Walking to be held in Dudince, Slovakia on 19th May.

In last Sunday's national championships, Beth produced one of the fastest ever 20km debuts by a British woman in taking her first National title at the University of Warwick venue.

Bethan competed in her first race walking race only a year ago and has made remarkable progress as she clocked 1.44.15 for a new Welsh Record and to move to 12th on the UK All Time list. In the early stages of the race, she walked stride for stride with fellow Welsh athlete Heather Lewis but began to pull away shortly before the halfway mark which she passed in 50.19 well inside her previous best for the distance.

The competition in Slovakia will be a big step up for Betan and we wish her the best of luck

## [Solid start for junior team](http://www.cardiffaac.org/news/solidstartforjuniorteam.htm) Monday 29 April 2013

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

Cardiff's Under 20/Under 17 team travelled to Birmingham yesterday, 28th April, for the first round of the new National Youth Development league.

Team manager Debbie Bull expressed quiet satisfaction with the team's performance and was pleased with a fourth placing amongst strong competition.

The weather was a huge improvement on this time last year although the wind was fairly blustery at times making it feel very cold out of the sun. The high jumpers and pole vaulters were hindered by the strong gusts on numerous occasions.

There were some very encouraging performances from newcomers Ryan James, John Cove, Nicky Jones and Gwynant Jones plus important contributions from Rhianwydd and Ffion Price.

Overall it was a good solid performance we can build on at the next match in Rugby on 2nd June, although exams will take precedence for many athletes.

**The match result was:**

**1.  Birchfield Harriers (599)  
2.  Rugby & Northants AC (545.5)  
3.  Team Avon (528.5)  
4.  Cardiff AAC (510)  
5.  Swansea H & AC (405)  
6.  Cheltenham & County (375)**

To view the full results, click [**RESULTS.**](http://www.cardiffaac.org/files/UKYDL%20older%2028%20April%202013.pdf)

## [Double debut for twins](http://www.cardiffaac.org/news/doublewinningdebutfortwins.htm) Tuesday 23 April 2013

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

Rhianwedd Price (pictured), wearing her Cardiff vest for the first time, dominated the women's 3000m at last Saturday's Cardiff Open Meeting, winning from Bethan Strange in a personal best time of 10:10.71.

Twin sister Ffion, also representing Cardiff for the first time, was first in the under 20 women's 600m in 1:39.54.

Making a welcome change from the usual dismal weather associated with early season athletics, the opening event of the year was held in near perfect conditions with only an occasional cold wind spoiling the unexpected sunshine.

Numerous Cardiff athletes took the chance to test early season form but it was puzzling why more athletes did not turn out and take advantafge of this opportunity.

Anax DaSilva caught the eye with a speedy double, recording 10.90 in the 100m and 21.93 in the 200. It was pleasing to see Michael Prentice back on the track and, although race rusty, showed encoraging form and will certainly run much faster as the season progresses.

Decathlete David Omoregie has a busy day, contesting the 300m, Discus and Shot Put.

The discus saw a clean sweep for Cardiff with Gareth Bull, Curtis Matthews and David Omoregie taking first second and third places respectively.

An entralling men's 3000m was won by in form Mike Ward who displayed impressive finishing speed to catch and overtake Jon Peters in the final 50m.

The day's events opened with a personal best 55.63 in the 400m hurdles for under 20 winner Ryan Cooper followed by a matching win for Ryan James in the under 17 men's 400m hurdles.

With only two competitors in the under 17 women's high jump, Georgie Bradshaw and Lottie Coakley both cleared 1.50m to share the honours.

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/Open%20Mtg%2020%20April%202013.pdf)

The next open meeting will be held in Newport on 18th May.

## [Cardiff in London](http://www.cardiffaac.org/news/cardiffinlondon.htm) Sunday 21 April 2013

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

Cardiff AAC was well represented in London today, with athletes in both the Marathon and the Mini Marathon.

Mike Kallenberg, completing his first marathon, finished in the good time of 2:37.07 whilst, in the Mini Marathon, John Cove finished an excellent 8th of 69 runners to help his under 17 boys' team to 6th place. Lucy Dennis finished 11th in the under 13 girls' race and Kate Seary was 13th in the under 17 girls' race.

Others completing the Marathon were Elsidig Ibrahim (2:42.10), Nat Lane (2:42.03) and Steve Sheard (3:19.02).

In the Mini Marathon, Rebecca Evans was 42nd in the under 17 girls' race, Jake Heyward 50th in the under 15 boys', James Vincent 50th in the under 13 boys' and Rhys Jones 47th in the under 13 boys'.

## [Parents' evening - Monday](http://www.cardiffaac.org/news/parentseveningmonday.htm) Saturday 20 April 2013

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

The next in the series of parents'evenings will take place in the club room on Monday next, 22nd April, between 6 and 7 o'clock.

Former club British League and Welsh team manager and coach Dave Hawthorn will be talking about how to prepare for competition.

The title of his talk is "there is more to athletics than just running, jumping and throwing".

Dave will explain what is involved in entering championships, how to warm up, what to take and wear, amongst many tips and good advice.

Click [**HERE**](http://www.cardiffaac.org/files/DHawthorn%20Poster.pdf) for more details.

## [Don't forget](http://www.cardiffaac.org/news/dontforget.htm) Thursday 18 April 2013

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

Judging by the huge number of athletes who turned up for training on Monday last (see picture of a small section only), Cardiff can look forward to sending full teams to its matches and championships.

There are also deadlines for entries to championships and the first one to put in diaries is 9th May when entries for the South and East Wales regional championships close. The championships will be in Newport on 25th May and late entries will not be accepted. Read on for more information.

There is no point in training without competing and the club expects members to turn out for teams when selected.

For full details of the Regional Championships, including the timetable and entry conditions, please click [**HERE**.](http://www.cardiffaac.org/files/2013%20S%20and%20E%20Wales%20Regional%20Championships%202013.pdf)

The summer season starts in earnest on Saturday with the new style Welsh Senior league which, in reality, is an open meeting that everyone can, and should, enter. Just turn up on Saturday and enter.

The new style UK Youth Development League starts on 28th April with the under 17 & Under 20 age groups and the younger version (under 13 & under 15) kicks off a week later on 4th May.

A week after that, on 11th May, the first round of the senior men's British Athletics League campaign starts with a home match in Cardiff. On the same day, the Welsh Under 15 League starts with the first round fixture at Hereford.

It is essential that athletes inform the club of their availability for competitions as we always want to put out the strongest possible teams. Please download an availability form and send it in to the club as soon as possible. Younger age groups click [**HERE**](http://www.cardiffaac.org/files/2013%20Junior%20summer%20fixtures%20-%20Availability%20Confirmation%20Form%20(2).pdf) and older age groups click [**HERE**](http://www.cardiffaac.org/files/2013%20summer%20WSLNYDL%20U17-U20%20LEAGUE%20fixtures%20-%20Availability%20Confirmation%20Form.pdf).

And, finally, please don't forget to make sure that -

**You have paid your club subscription and Welsh Athletics registration fee.**  
**The club has your up to date and correct address and other contact details (including email address).**  
**You have a Cardiff AAC competition vest (available for purchase from Enfys Hawthorn on club nights).**  
**You have completed an availability form**.

And.... have a great season.

## [Relay bronze for Cardiff](http://www.cardiffaac.org/news/relaybronzeforcardiff.htm) Saturday 13 April 2013

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

Cardiff's crack squad of road racers took on the best in Britain and came home with the bronze medal in today's national 12 stage road relay championship at Birmingham's Sutton Park where 72 club teams completed the race.

The team, which included British internationals Mike Ward and James Thie, were led off by Tom Marshall and, after leading for four of the twelve legs, were brought home by James Thie.

All runners excelled but outstanding legs were posted by Joe McDonald (fastest on his leg and the second fastest overall), Mike Ward (fifth fastest of his leg and 11th fastest overall), Jon Peters (5th fastest) and James Thie (2nd fastest).

A solid first (long) leg by Tom Marshall set the team up for a high finishing position and junior GB international Mike Ward brought them through into fifth. Rowan Axe ran the second long leg and put the team into a possible winning contention by finishing in second place. Jon Peters, with an excellent short leg, took the team into the lead, which was extended by Joe McDonald.

James Mills and Carwyn Jones held the lead that had been established by Jon.

The eighth (short) leg was taken by junior Matthew Edwards who had been drafted into the team to replace Jon Hopkins who was taken ill only two days before the race. Matthew acquitted himself well but slipped to third place, having been overtaken by runners from the strong teams Belgrave (the eventual winners) and City of Leeds.

Kevin Seaward, Nat Lane and Mike Kallenberg held onto third place, allowing last leg runner and former club captain James Thie to close the gap on the leaders and bring Cardiff home in a fine third place.

Third place and the bronze medal replicates the club's position when it last medalled in this race, in 1996. Club stalwart Nat Lane was a member on that occasion also.

The team, as well as team manager Alex Donald, was rightly overjoyed with the result and have now set their sights on the six stage relay in October.

Thanks to Bernie Plain for providing team Tshirts.

Many congratulations.

To view the full results click [**RESULTS**](http://www.cardiffaac.org/files/12%20stage%202013%20results.pdf).

## [Here comes summer](http://www.cardiffaac.org/news/herecomessummer.htm) Friday 12 April 2013

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

Suddenly the winter season of road, cross country and indoor athletics is virtually over and another summer season beckons.

On Saturday week, 20th April, the first outdoor meeting of the year will be held at Cardiff International Sports Stadium. The former Welsh senior league has been re-vamped into an open meeting specially designed to encourage all athletes to compete and test early season form. All club athletes in the senior, under 20 and under 17 age groups should take part as good quality competition is planned. To see the full conditions and the timetable, go to the event page in Track & Field Events (see side menu bar).

A week late (Sunday, 28th) the new National Youth Development League kicks off with the club's U17/U20 team travelling to Birmingham. Again, go to the event page for full details.

After the euphoria of last year's Olympic fever, the sport can settle back to normality and club athletes at all levels will be setting new goals. A place at the World Championships in Moscow will be the target for the very best whilst the Club's British Athletic League team will be pushing once again for promotion to the Premiership Division - and, with good support from the athletes, can do it. The UK women's League team will be looking for consolidation in its division.

Cardiff AAC has a great tradition and its teams are respected and feared throughout the UK.

Let's hope for a great 2013 - go for it.

## [TRACK RE-OPENED](http://www.cardiffaac.org/news/trackreopened.htm) Tuesday 9 April 2013

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

The much needed temporary repairs to the track have been completed and it is available again for training and competition.

However, in order to protect it until a major overhaul is carried out, the inside lane and home straight jumping runways will continue to be coned off and should not be used for training.

Stadium manager Tony Collins also asks all athletes to check that they are using the correct length spikes (6mm) please. He also hopes that these arrangements do not cause too many problems for athletes and coaches and any feedback would be welcome.

## [Sportshall Champions](http://www.cardiffaac.org/news/sportshallchampions.htm) Monday 8 April 2013

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

Four Cardiff AAC athletes contributed to a winning performance by the Cardiff & Vale under 15 boys six strong team at the Sportshall Athletics national final, held at the LG Arena, NEC, Birmingham yesterday, 7th April.

Leading the team was Kristian Jones who was second overall, followed by Tom Trottman (5th), Ryan James (12th) and Harry Hillman (25th).

Kristian took second in the individual 4 lap race and third in the standing long jump. Tom was first in the shot put and third in the standing triple jump while Ryan was seventh in the shot put.

The team of six was completed by Ulrich Kevni and Tom Jones.

Congratulations to the whole team.

## [TRACK CLOSURE](http://www.cardiffaac.org/news/trackclosure.htm) Wednesday 3 April 2013

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

In order to carry out urgently needed repairs, the track will be closed for training next Monday, 8th April.

The stadium management regrets the inconvenience that this will cause and hopes that all athletes will understand that these vital repairs need to be completed.

## [Success on the road](http://www.cardiffaac.org/news/successontheroad.htm) Saturday 30 March 2013

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

While the attention has been on cross country, Cardiff AAC's Joe MacDonald beat a classy field in windy conditions to take victory at the Wilmslow Half Marathon last Saturday, 24th March.

Joe won ahead of several Great Britain Internationals, stopping the clock in 64:54, setting a personal best time and taking victory by half a minute.

His victory rounded off a good weekend for the club which also saw victory and a second spot at the Atlantic College 10km for Tom Marshall and Jon Peters.

These performances complemented a fine run in the World Cross Country Junior Championships for Mike Ward whilst, at the Home Countries Cross Country International, Jon Hopkins was the first Welshman to finish in the senior men's race with his team mate Rowan Axe finishing as Wales' third scorer, close behind.

The Club's senior men are enjoying a change of fortunes which began with a clean sweep at the Nos Galan 5km and has recently seen them claim the Welsh Cross Country team title and convincingly retain their title at the Welsh Road Relay Championships.   
  
Mike's Great Britain vest is also the first at Cross Country for a club member in over a decade.

## [Medals at SIAB international](http://www.cardiffaac.org/news/medalsatsiabinternational.htm) Monday 25 March 2013

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

Cardiff AAC athletes helped the Welsh schools teams to silver and bronze medals at the SIAB schools international cross country match at Dynefwr on Saturday last, 23 March.

The silver medal winning under 17 boys' team included John Cove (10th), Ciaran Lewis (13th) and Nick Jones (32nd) while Kate Seary (9th) and Ellie Atkinson (17th) helped the under 17 girls' team to bronze.

Pictured are John Cove, Ciaran Lewis and Kate Seary.

The match was held in freezing conditions although, fortunately, the snow that affected much of Wales and the rest of the UK avoided Carmarthenshire.

**Other SIAB performances by Cardiff athletes were:**

**Under 15 junior girls:**  Gwenno Waddington (10th);  Emma Ligthart (21st).

**Under 15 boys:**  Jake Heyward (10th).

**In the Home Countries international:**

**Junior women:**  Rebecca Evans (22nd).

**Junior Men:** Gwynant Jones (21s);  Matthew Edwards (29th);  James Hunt (34th);  Jack Gooch (32nd);  Sam Longville (35th).

**Senior women:**  Debbie Rees (10th).

**Senior men:**  Jon Hopkins (8th);  Rowan Axe (12th).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Results%20SIAB%20XC%202013.pdf)

With the cross country season finally over it is now time to start looking towards the track and field season!

## [Well done Mike](http://www.cardiffaac.org/news/welldonemike.htm) Sunday 24 March 2013

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

Cardiff's Mike Ward fully justified his selection for the Great Britain team, finishing third best of the six man British squad in the World Junior Cross Country championships in Bidgoszcz, Poland, today, 24th March.

In bitterly cold conditions, over a testing course, and with the race dominated by athletes from Africa, Mike finished in a creditable 51st place out of 110, the 7th best placing by a European athlete.

The British junior men's team finished in ninth place.

This will have been a great experience for Mike and he should be proud of his achievement.

## [Cardiff athletes in Welsh teams](http://www.cardiffaac.org/news/cardiffathletesinwelshteams.htm) Wednesday 20 March 2013

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

Cardiff AAC will be well represented in the Welsh schools' team that will contest the annual SIAB Schools cross country international to be held at Dinefwr Park, near Llandeilo, on Saturday next, 23rd March.

Alongside the schools' event, the Home Countries international for junior and senior age groups will also feature Cardiff athletes.

This event is the highlight of the schools' cross country season and Wales hosts the match against Scotland, All Ireland and England once every four years.

Featured in the SIAB schools teams are:

**Junior Girls:**  Gwenno Waddington and Emma Ligthart.

**Junior Boys:**  Jake Heyward.

**Intermediate Girls:**  Ellie Atkinson and Kate Seary.

**Intermediate Boys:**  John Cove, Ciaran Lewis and Nick Jones.

In the Home Countries international are:

**Junior Men (A team):** Matthew Edwards (pictured - photo by Ceri Breeze), Jack Gooch, Gwynnant Jones and James Hunt.

**Junior Men (B team):**  Sam Longville.

**Junior Women (A team):**  Rebecca Evans.

**Senior Men:**  Jon Hopkins and Rowan Axe.

**Senior Women:** Debbie Rees.

For further details include a map of the course, timetable and directions, please go to the Welsh Athletics website at [**WELSH ATHLETICS/SIAB**](http://www.welshathletics.org/competitions/events/cross-country/2013/03-mar/home-countries-cross-country-international---dinefwr.aspx).

## [Road relay medals at Llandow](http://www.cardiffaac.org/news/roadrelaymedalsatllandow.htm) Monday 18 March 2013

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

Cardiff AAC teams collected medals in all age groups except senior women at the annual Welsh road relay championships, held at a dry but bitterly cold Llandow race circuit yesterday, 17th March.

Gold medals went to the under 13 girls team (Annwen Gammon, Caitlin Exton, Amber Harding and Lucy Dennis) and senior men (Jon Peters, Jon Hopkins, Tom Marshall and Carwyn Jones) whilst Sophia Vella won the under 11 girls straight race.

Fastest legs of the day were recorded by Lucy Dennis, Kate Seary and Jon Hopkins.

Cardiff put out multiple teams in several of the age groups and other medal winning teams were:

**Silver:** Under 13 boys (Ieuan Jones, Alfie Davies, Rhys Jones and James Vincent;  Under 15 girls (Katherine Steggles, Rosie-May Thompson, Emily Griffin and Elishka Coupar);  Under 15 boys (Brandon Turner, Adam Johansen and Jake Heyward - pictured with coaches Diane Hains and Tim Fry); Under 17 women (Kate Seary, Erin Hayes and Anna Lawson); Under 17 men (Ciaran Lewis, Jack Gooch and John Cove).

**Bronze:**Under 15 girls ( Elin Bird, Ela Emyr, Cerys Bradshaw and Joe-Dianna Grabham);  Under 17 men (Lewis Brunt, Nick Jones and Dafydd George).

The under 13 girls also placed 4th and 10th, the under 13 boys were 4th, the under 15 boys 5th and 6th.

Also of note was that, in the senior men's race, in addition to Jon Hopkins' fastes leg, Tom Marshall recorded the second fastest and Carwyn Jones the third fastest, the team beating Swansea into second place by the wide margin of a shade under five minutes.

Team manager Kay Chapman, celebrating her birthday, was delighted with the results, saying "*Congratulations to everyone that ran as there were many excellent performances and you ALL did Cardiff AAC proud. We can build on this experience next year."*

The complete results can be viewed at [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20Road%20relay%20results%202013%20A.pdf)

## [A Winning Night](http://www.cardiffaac.org/news/awinningnight.htm) Sunday 17 March 2013

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

Around a hundred Cardiff AAC members and friends gathered on Friday night, 15th March, for an evening of "horse racing" and enjoyment at the Cardiff High School Old Boys Club in Whitchurch.

Secretary Ann Cooper and husband Tony had organised the occasion to raise funds for the club and it was a great success, with Barclays Bank matching pound for pound what the club generated, pushing the total for the evening to a magnificent £1600.

[**Mike Ward in GB team**](http://www.cardiffaac.org/news/mikewardingbteam.htm) **Tuesday 12 March 2013**

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

Cardiff's promising junior athlete Mike Ward (pictured in his South Wales vest finishing the Inter Counties Championship) has crowned a fine series of cross country performances (Welsh champion, Schools champion, 6th at the UK Inter Counties) by gaining his first Great Britain representative vest.

Mike will be one of the GB team announced today to contest the World Junior Cross Country Championship in Bydgoszcz, Poland, on Sunday 24th March.

Congratulations Mike and good luck in Poland.

## [All comers record for Tom](http://www.cardiffaac.org/news/allcomersrecordfortommarshall.htm) Monday 11 March 2013

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

Numerous Cardiff AAC athletes were at the NIAC arena yesterday, 10th March, for the Welsh Under 20 Indoor International and Senior Grand Prix.

Cardiff's Tom Marshall (pictured) ran close to the 4 minute barrier in smashing the old Welsh all-comers' indoor record for the mile with a time of 4:03.96. (His personal best indoors is 4:00.74 set in the USA.)

Joe Thomas, fresh from representing Great Britain in the European Indoor Championships, took the 600m in a time of 1:18.40. David Omoregie set a new personal best of 7.76 to win the under 20 men's 60m hurdles and added third place in the long jump with 6.90m. Elliott Slade won the under 20 1500m and Megan O'Sullivan took the under 20 women's triple jump with a leap of 11.83m, only 3cms off her own Welsh record.

**Other performances were:**

Rhys Knapman (2nd in 60m and 3rd in 300m race A);  Anax DaSilva (3rd in 60m and 200m);  Matthew Edwards (3rd in 1500m);  Ellie Athkinson 3rd in 1500m);  David Callan (3rd in the Ploe Vault);  Jonathon Bailey (3rd in the High Jump);  Matthew Field (3rd in the Shot Put);  Ryan Cooper (3rd in the 300m race A).

The full results can be viewed at [**RESULTS.**](http://www.cardiffaac.org/files/Indoor%20Int%20March%202013.pdf)

## [Breakthrough for Mike](http://www.cardiffaac.org/news/breakthroughformike.htm) Saturday 9 March 2013

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

Mike Ward fully justified his selection as February's athlete of the month with a fine run in the under 20 men's race at the UK Inter Counties championships in Birmingham today, held over a muddy course but in otherwise good conditions.

Always in touch with the leaders, a mud spattered Mike finished strongly in sixth place, an excellent position amongst the cream of British cross country runners.

The event doubles as the selection trials for the British teams to take part in the World Cross Country championships to be held in Poland in two weeks time and we wait to see if Mike's performance today has won him a place.

In the under 13 girls' race, Lucy Dennis finished an excellent 12th whilst John Cove was 36th in the under 17 boys' and Emma Ligthard was 50th in the under 15 girls.

in her first season with the club, Gwenno Waddington finished 39th in the under 15 girls' race and Rhys Jones, who joined us only two weeks ago, finished 48th in the under 13 boys' race.

These championships attract the best runners from the whole of the UK and to finish even in the top 100 is a good achievement. Well done to all.

The full results can be found by going to [**RESULTS**](http://www.thepowerof10.info/results/resultslookup.aspx) and choosing the Inter Counties Championships.

## [Road relays next challenge](http://www.cardiffaac.org/news/roadrelaysnextchallenge.htm) Friday 8 March 2013

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

The Welsh road relay championships will be held on Sunday 17th March and entries will close next Monday, 11th March.

The championships will be held as usual at Llandow Race Circuit, near Cowbridge, and Cardiff will be entering teams in all age groups and looking to win multiple medals.

Anyone wishing to be selected for a team must contact the relevant team manager without delay.

You need to be at least 9 years old on the day of the race and a fully paid up member of Cardiff AAC. You will need a Cardiff AAC competition vest to wear and trainers (not spikes) to run in as you run on the tarmac race track.

The Cardiff AAC team managers will be based in the Cardiff AAC club tent and will issue your race number on the day.  Please arrive at least an hour before your event so you can familiarize yourself with the course and collect your number.

If you would like to run please contact your relevant team manager:

Phil Banning – Ladies (under 20 age group upwards) – 07966 270867

Alex Donald – Men (under 20 age group upwards) – 07740 471573

Kay Chapman – All Junior athletes (from Primary School age 9 up to under 17 age groups) – 07749 716151

This competition involves relay teams, so if you say you are going to run you must turn up otherwise you will be leaving your team with a runner short. The closing date is Monday March 11th so you must get back to us before then so we can complete the entry forms. Cardiff AAC won lots of medals at this event last year so let’s aim to do even better this year!

## [Fancy a flutter?](http://www.cardiffaac.org/news/fancyaflutter.htm) Wednesday 6 March 2013

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

Why not come along to an evening of "horse racing" at the Cardiff High School Old Boys club house on Forest Farm Road, Velindre Road, Whitchurch, Cardiff CF14 7JH on Friday 15th March (a week this Friday)?

The evening has been organised by club secretary Ann Cooper and her husband Tony and we are already assured of a good attendance; but we would like even more.

All monies raised will be put towards the club's running costs. Did you realise that teams travelling alone cost over £14,000 last year?

Admission will be £5 per person (available from Ann) and there will be surprise items during the evening.

# Fund Raising-Horse Racing Night

Come and enjoy an evening of fun

Horse racing on the big screen helping raise funds for **CARDIFF AAC**

Pick the winner from actual recorded races

Pick a horse

Back it

Watch it win

Beat the bookie

**Friday 15th March 2013**

* **Cardiff High School Old Boys RFC**
* **Forest Farm Road, Whitchurch, Cardiff CF14 7JH**
* **First race 7.15pm prompt**
* **Admission by ticket only.**
* **Tickets £5 includes: Admission, Licensed Bar & Buffet**
* **All proceeds to Cardiff Amateur Athletic Club**

**Tickets available from Tony & Ann Cooper 07530 400653**

Many thanks to Ann and Tony for the organisation and to the  race sponsors: Roperhurst Engineering; D S Smith Recycling; Electrical Plus UK Ltd; Roses & Ribbons; Andrew Sear Physiotherapy; The Tinopolis Group.

## [Sunshine for Gwent League](http://www.cardiffaac.org/news/sunshineforfinalgwentleague.htm) Tuesday 5 March 2013

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

The final round of the 2012-13 Gwent Cross Country League was held last Saturday, 2nd March. It was a gorgeous spring day in Brecon, compared to the freezing temperatures of the previous week, and many people stayed around to support the Cardiff AAC runners in the sunshine.

With several absentees preparing for the following week's national inter-counties championship in Birmingham, we had one individual winner in the shape of John Cove in the Under 17 men’s race and several second places.

The top finishers in each age group were;

**Novice Girls** – Sofia Vella – 2nd  
**Novice Boys** – Max Long – 19th  
**Under 13 Girls** – Annwen Gammon – 16th  
**Under 13 Boys** – Rhys Jones – 8th   
**Under 15 Girls** – Katharine Steggles – 9th  
**Under 15 Boys** – Alex Love – 17th  
**Under 17 Men** – John Cove - 1st  
**Under 20 Women** – Anna Morris – 2nd  
**Senior Women** – Debbie Rees – 2nd  
**Senior Men** – Jonathan Hopkins – 2nd

Congratulations to everyone that has competed for Cardiff AAC in the Gwent League this season. We have had some fantastic results and when the results are finalized I am sure that we have lots of individual and team awards. Kay Chapman will be distributing them when they are sent to the club later this year.

Thanks also to all the parents who have brought athletes to the events, to Paul Darney for bringing the club tent to every fixture and to all the athletes that have competed. Well done and we hope to see you all again next season!

## [Universities title for James](http://www.cardiffaac.org/news/universitiestitleforjames.htm) Wednesday 27 February 2013

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

Former Cardiff AAC club captain and British international James Thie took the gold medal in the 3000m at the British Universities indoor championships held in Sheffield last weekend, 22 to 24 February.

Also in Sheffield, decathlete David Guest had a busy day, contesting the high jump, long jump (silver medal with 7.33m) and shot put while Mica Moore took the silver medal in the women's 200m.

Harry Hillman continued his run of good form to take the silver medal in the under 15 boys' 60m hurdles at the England Athletics indoor championships in Birmingham over the same weekend.

James Thie is studying for a masters at Cardiff Metropolitan University and, after winning his heat, progressed to the final hoping to take victory and add a gold medal to his bronze from the championships in 2011. Thie waited until the final moments of the race before displaying his trademark fast finish and claiming the title ahead of Alex Cornwell.

Other Cardiff AAC athletes in Sheffield were Dani Cocking (6th in the 800m), Emily Brown (9th in the 3000m), Megan O'Sullivan (8th in the triple jump) and Elinor Lewis (10th in the pole vault). Rhiannon Linington-Payne made it through to the semi final of the 400m where she came second but missed out on a place in the final and Emma Peters stepped up to the 800m and qualified for the final but withdrew.

Harry Hillman carried on his medal haul from the Welsh indoor championships by taking silver in the U15B 60m hurdles in Birmingham with a time of 8.62, just outside his personal best and Welsh record of 8.58.

Other Cardiff finalists in Birmingham were Anax DaSilva (U20 200m - 4th), Matthew Field (U20 Shot Put - 4th), Ffion Bodilly (U20 High Jump - equal 6th), Jonathon Bailey (U20 high jump - equal 9th), David Callan (U20 pole vault - 6th), David Omoregie (U20 60m hurdles - 4th). Ryan Cooper made it to the semi final of the U20 400m and Sam Gordon did likewise in the U20 200m.

It was excellent that so many Cardiff athletes travelled to Birmingham to test themselves against the best in Britain. This is the way to develop and progress.

## [Schools successes](http://www.cardiffaac.org/news/schoolssuccessesforcardiffathletes.htm) Sunday 24 February 2013

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

On Saturday last, 23rd February, many Cardiff AAC athletes were representing their school district (either Cardiff and the Vale or Glamorgan Valleys districts) in the Welsh Schools Nation Cross Country Championships that were held in Brecon.

There was overall success for the Cardiff and the Vale district and pictured with the overall Championship trophy are Erin Hayes (Middle Girls Captain) and Ciaran Lewis (Middle Boys Captain). Cardiff AAC had 4 athletes who were individual winners; Mike Ward, Ellie Atkinson, Jake Heyward and Lucy Dennis.

Despite freezing temperatures there was a good turnout in the races but many people left straight after their races to get back into the warmth.

All the Cardiff athletes that achieved top 10 placings are listed below:

**Senior Girls** - Rebecca Evans (4th);  Anna Morris (7th).

**Senior Boys** - Mike Ward (1st);   Matthew Edwards (2nd);   James Hunt (6th);   Jack Gooch (7th);   Sam Longville (8th);  and Elliot Slade (9th).

**Middle Girls** - Ellie Atkinson (1st);   Kate Seary (2nd);  Anna Lawson (8th);   Betsan Jenkins (9th);   Erin Hayes (10th).

**Middle Boys** - John Cove (2nd);   Ciaran Lewis (3rd);    Nicholas Jones (6th).

**Junior Girls** - Gwenno Waddington (4th);   Emma Ligthart (6th).

**Junior Boys** - Jake Heyward (1st).

**Year 7 Girls** - Lucy Dennis( 1st);   Kiara Frizell (5th);   Annwen Gammon (7th).

**Year 7 Boys** - Alfie Davies (6th).

## [Harry stars indoors](http://www.cardiffaac.org/news/harrystarsandjoeclincheseurospot.htm) Wednesday 20 February 2013

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

The star turn at the final Welsh Indoor championship of the season, held last Sunday 17th February, was triple gold medal winner Harry Hillman. Harry(14) jumped to 3rd in the UK rankings in winning the under 15 boys' high jump with 1.80m, which equalled his Welsh record. In winning the 60m hurdles in 8.58secs he went to No.1 in the UK. Meanwhile, at the British Athletics grand prix at Birmingham on Saturday, Joe Thomas achieved the qualifying time and was automatically selected to represent Great Britain at the European Indoor Championships in Gothenburg the first weekend of March.

Other Cardiff winners at the indoor championships were Lauren Evans (U15 girls 60mH), David Omoregie (Under 20 men's 60mH), David Callan (Under 20 men's pole vault), Matthew Field (Under 20 men's shot put), Ffion Bodilly (Under 20 women's high jump) and Megan O'Sullivan (Under 20 women's triple jump).

David Omoregie set a new championship best performance of 8.04secs in the 60m hurdles and Matthew field did likewise with a shot put of 16.22m.

Also noteworthy was Adam Moshin's personal best high jump of 1.45m which took him to the No.1 spot in the UK under 13 age group rankings (he was fourth in the under 15 high jump championship).

**Cardiff's medallists were:**

**Gold:** Harry Hillman (U15 60m, 60mH, HJ);  Lauren Evans (U15 60mH);  David Omoregie (U20 60mH);  David Callan (U20 Pole Vault);  Matthew Field (U20 Shot Put);  Ffion Bodilly (U20 High Jump);  Megan O'Sullivan (U20 Triple Jump).

**Silver:**  Deio Hughes (U15 High Jump);  Kieran Grimwade (U15 Shot Put);  Anax DASilva (U20 200m);  James McGuire (U20 Long Jump);  Adrian Lawrence (U20 Triple Jump); Jonathon Bailey (U20 High Jump).

**Bronze:**  Bethan Register (U15 200m);  Anax DaSilva (U20 60m);  Sam Gordon (U20 200m);  Charlie Walker (U20 400m);    David Omoregie (U20 Pole Vault);  Lara Durrani (U20 400m);  Alice Nottingham (U20 60m Hurdles).

## [Cardiff regain XC title](http://www.cardiffaac.org/news/cardiffregainxctitle.htm) Saturday 16 February 2013

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

Cardiff's senior men turned out in force to take the Welsh Cross Country Championship today, at Glan Usk Estate near Abergavenny, with arch rivals Swansea relegated to second place. Rowan Axe was the first Cardiff runner home in fourth place but solid packing by the next five scorers saw Cardiff safely home. Hot favourite Jake Heyward easily won the under 15 boys' championship but will face a sterner test in the national inter-counties championships in Birmingham in a few weeks time.

On a demanding but good course, held in perfect weather in the beautiful surroundings of the Brecon Beacons National Park, it was an excellent day for the club

The senior women's team took the bronze medal with former club captain Debbie Rees leading them home to take the individual bronze.

We medalled in every junior race so the athletes should be very proud of themselves.

The full list of club medallists is -

**U13 girls** - We won the team gold - Caitlin Exton (9th),  Amber Harding (12th), Annwen Gammon (13th) and Victoria Shaw (16th).

**Under 13 boys** - Individual bronze - James Vincent 3rd) and team bronze - James, Ieuan Jones (15th), Joshua Whiston (25th) and Morgan James 30th).

**Under 15 girls** - We won team gold again - Emma Ligthart (5th), Elishka Coupar (9th), Katharine Steggles (13th) and Alice Broadley (14th).

**Under 15 boys** - Individual gold - Jake Heyward and team silver - Jake, Rhys Gooch (9th), Joshua Petersen 21st) and Joseph Alder (22nd).

**Under 17  women** - Individual Silver - Rebecca Evans and individual Bronze - Kate Seary.  
  
**Under17/Under20 combined team** gold - Rebecca, Kate, Anna Morris and Anna Lawson.

**Under 17 Men** - Individual Silver -Ciaran Lewis, Individual Bronze - John Cove and team gold - Ciaran, John, Jack Gooch (6th) and Lewis Brunt (9th).

**Under 20 Men** - Individual Gold - Mike Ward - and team silver - Mike, Matthew Edwards (6th), Sam Longville (9th) and Jamie Verran (13th).

**Under 23 Women** - Individual Silver - Lily Matthews.

**Under 23 Men** - Individual Silver - Rowan Axe and individual bronze - Jon Hopkins.

**Senior Women** - Individual Silver - Debbie Rees.

**Senior Women/Under 23 combined team** bronze - Debbie, Emily Brown, Liz Davies and Lily Matthews.

**Senior Men/Under 23** combined team gold - Rowan Axe, Jon Hopkins, Jon Peters, Carwyn Jones and Mike Kallenberg.

The victorious senior men's team have secured the right to compete against the leading club teams from England, Scotland and Northern Ireland for the chance to represent Great Britain in the European Clubs Cross Country Championships.

And last but not least, the overall primary schools girls winner was Sofia Vella.

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/2013%20welsh%20cross%20country%20championships%20results.pdf)

A selection of photographs from the championships is available in [**GALLERIES.**](http://www.cardiffaac.org/galleries/welshxcchampionships2013/default.htm)

## [Joe wins in Sheffield](http://www.cardiffaac.org/news/joewinsinsheffield.htm) Monday 11 February 2013

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

Cardiff's Joe Thomas retained his British championship 800m title with a win at the championships (which incorporated the European indoor championship trials) in Sheffield yesterday, 10th February. Winning the race by the closest of margins, Joe's time of 1:48.55 was the same as second placer Mukthar Mohammed. Also at the championships, Tom Marshall set a personal best of 3:48.94 to take fifth place in the 1500m and Gary White set a season's best of 15.81m for fourth in the triple jump. Meanwhile, 30 junior athletes made their way across the Severn Bridge to Bath University on Saturday where the fourth Gwent League races this season were being held.

Of those 30 athletes, 5 athletes were running for Cardiff AAC for the first time. It was a tough wet and muddy course over farmland at the back of the university grounds with a long 1km climb each lap. The under 15 girls provided nine of the athletes travelling so we were able to have an A and B team in their age group.

The top finishers from Cardiff AAC were;

Novice Boys – Ben Vincent - 23rd  
Novice Girls – Sofia Vella – 2nd  
U13 Boys – James Vincent – 6th  
U13 Girls – Lucy Dennis – 3rd  
U15 Boys – Brandon Turner – 19th  
U15 Girls – Emma Ligthart – 10th  
U17 Boys – John Cove – 6th  
U17 Girls – Anna Lawson – 7th  
U20 Men – Sam Longville – 11th  
U20 Girls – Anna Morris – 3rd

In the senior men's race, James Thie (running for Cardiff Metropolitan University) came fourth but, otherwise (with the notable exception of team manager Alex Donald), the results did not include a single Cardiff AAC vest in either the senior men's or senior women's race. Has this ever happened before?

Nevertheless, well done to everyone that ran today – you all know how tough the course was!

## [Key cross country ahead](http://www.cardiffaac.org/news/keycrosscountryahead.htm) Thursday 7 February 2013

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

The cross country season picks up momentum again with the fourth round of the Gwent League taking place at Bath University on Saturday next, 9th February. The Welsh cross country championships take place in Crickhowell the following Saturday, 16th, and the deadline for entries closes on Sunday next, 10th, so if you have not already informed your team manager of your intention to run, you need to do so immediately.

Your registration fees must also be up to date to enter the Welsh Championships.

We need the following information from you to go on the entry form;

Name  
Date of Birth  
Welsh Athletics Registration number  
Welsh Qualification Birth/Parents/Residence

Entry to the Welsh Championships is £3. Please can you get your entry fee along with the details above to your relevant team manager so that we can add you to the entry list  - the deadline is Sunday February 10th  to allow us to complete the paperwork and payment for Welsh Athletics.

If you compete on the day your entry fee will be refunded to you.

Full details of the championships including timetable, venue directions etc. can be found on the Welsh Athletics website [**HERE.**](http://www.welshathletics.org/competitions/events/cross-country/2013/02-feb/welsh-cross-country-championships---glan-usk.aspx)

## [A busy weekend](http://www.cardiffaac.org/news/abusyweekend.htm) Tuesday 5 February 2013

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

Numerous Cardiff athletes were in action last weekend but several deserve special mention. Rowan Axe ran a fine race to take fourth place in the British Universities Cross Country Championships in Leeds on Saturday while, back in Cardiff, Megan O'Sullivan set a Welsh indoor under 20 record in the triple jump. In Karlsruhe, a fit again Joe Thomas clocked 1:48.04 in an international 800m.

Rowan, representting St Mary's University College, improved on his 3rd place in the B race in 2012 to lead his team home to first place.

James Thie helped Cardiff Metropolitan University to fifth place in the team rankings.

Megan O'Sullivan, who is coached by former international triple jumper Sean Power, produced her winning leap at the Cardiff Met Grand Prix 3 at NIAC, Cardiff, on Saturday last to take Sally Peake's record, set 10

[Calling all club members](http://www.cardiffaac.org/news/callingallclubmembers.htm) Tuesday 29 January 2013

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

This is a reminder to all club members that annual subscriptions were due on 1st January and should be paid as soon as possible. Welsh Athletic registration fees also have to be paid to enable athletes to compete and these must be paid along with your club subscription. The club then pays them over to Welsh Athletics. The club is an entirely voluntary organisation (nobody gets paid) so we need you to pay your subscriptions so that we can continue to provide to you the facilities that you need.

**The current subscription rates are:**

20 years and over         £40  
17-19 years                   £35  
16 years or less            £30  
Senior citizens              £15  
Family Membership     £50  
Full time students         £35 (covers 3 year)

**Welsh Athletics registration fees are:**  
  
20 years and over     £15.00  
15-19 years               £10.00  
Under 15 years         £7.50

If you have any membership renewal queries please email Kath Elias (club membership secretary) on  [kathelias@hotmail.com](mailto:kathelias@hotmail.com)   
To pay, please bring your cheque or cash to the club room on the next club night. Unfortunately we don’t have the facility to take credit cards.

Kath has asked that you provide her with a current email address and could you also let her know if your home address or telephone number has changed recently so that she can update these details as well.

Athletes need to make sure that their registration is up to date in order to take part in any Welsh events.

## [More success on day 2](http://www.cardiffaac.org/news/moresuccessonday2.htm) Monday 28 January 2013

[](http://www.cardiffaac.org/news/moresuccessonday2.htm)

More medals and pesonal bests came Cardiff's way yesterday, on day 2 of the Welsh Indoor championships at NIAC Cardiff. Jake Heyward added to his collection, winning the under 15 boys' 1500m while Kate Seary took the under 17 women's 1500m, Anax Da Silva won the senior men's 200m and Francis Baker triumphed in the senior men's pole vault. Meanwhile, in Valencia, Spain, David Omoregie produced five personal bests to take the bronze medal in an international under 20 heptathlon with a lifetime best score of 5,067 points and David Guest also set a personal best score of 5418 points to win the under 23 event.

Back in Cardiff, the club topped the medal table over two days with 14 gold medals, 17 silver and 17 bronze, a total of  48 medals. Runner up was Swansea with 30, followed by Newport with 16.

The full results for both days can be viewed by clicking [**RESULTS.**](http://www.cardiffaac.org/files/WA%20indoor%20champs%202013%20results.pdf)

## [Championships suit Cardiff](http://www.cardiffaac.org/news/indoorchampionshipssuitcardiff.htm) Sunday 27 January 2013

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

Cardiff AAC athletes gathered a sackful of medals on the first day of the Welsh Indoor championships held at NIAC, Cardiff, yesterday. Gold medallists included Adam Mohsin, Mellissa Roberts, Megan O'Sullivan, Joe Thomas, Rhiannon Linington-Payne, and Jake Heyward. Jake (pictured) demonstrated his versatility, switching between cross country and indoor track racing, by adding the under 15 boys' 800m title to the 3000m title he won a couple of weeks ago.

Joe Thomas made a welcome return to competition to win the senior men's 800m in a modest (for him) 1:54.11, with Joe Maynard second.

The full results may be viewed by clicking on [**DAY 1 RESULTS**](http://www.cardiffaac.org/files/welsh%20athletics%20indoor%20championships%202013%20day.pdf).

## [TRACK STILL CLOSED](http://www.cardiffaac.org/news/trackstillclosed.htm) Thursday 24 January 2013

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

THE TRACK WILL BE CLOSED TONIGHT, THURSDAY, BECAUSE OF THE CONTINUING ADVERSE WEATHER. THE CLUB WILL NOT BE OPERATING BUT HOPEFULLY WE SHALL BE BACK TO NORMAL BY MONDAY.

## [Cross Country beats the snow](http://www.cardiffaac.org/news/crosscountrybeatthesnow.htm) Monday 21 January 2013

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

Despite the widespread snowfalls that affected most of the country, the McCain Cardiff Cross Country Challenge went ahead as planned yesterday, 20th January. Numerous Cardiff athletes braved the conditions and, once again, consistent Jake Heyward produced a fine run, coming second in the under 15 boys' race behind Edinburgh athlete Josh Kerr. In the primary schools girls' race, November's athlete of the month, Sofia Vella, came home in first place. Excellent third places were achieved by Seren Allin in the under 15 girls' race and Lucy Dennis in the under 13 girls' race.

Congratulations must go to Graham Finlayson and his team of organisers for preparing the course in time for Sunday. Much of the course had been set up on Thursday, before the snow arrived, but they were out again on Friday and Saturday in horrible conditions to put the finishing touches. Well done to them.

The full results can be viewed by clicking on [**RESULTS**](http://www.cardiffaac.org/files/Cardiff%20XC%2020%20Jan%202013.pdf).

## [Cardiff athletes in teams](http://www.cardiffaac.org/news/11cardiffaacathletesinwelshteams.htm) Friday 18 January 2013

[](http://www.cardiffaac.org/news/11cardiffaacathletesinwelshteams.htm)

Cardiff AAC has 11 athletes in the Welsh teams that have been selected for the Celtic Cross Country international match taking place (weather permitting) at the Cardiff Cross Challenge on Sunday next, 20th January, in Blackweir. Other Cardiff athletes will be running for their school teams so the club will be well represented throughout. The first race is at 11.15am.

**The athletes are**:   
  
**U17 Women** - Betsan Jenkins   
**U20 Women** - Ellie Atkinson and Kate Seary  
**U23 Women** - Gwenno Brown   
**Senior Women** - Debbie Rees   
  
**U17 Men** - Ciaran Lewis and Nicholas Jones   
**U20 Men** - Mike Ward, Elliot Slade and John Cove   
**Senior Men** - Rowan Axe

Good luck to all the Cardiff AAC athletes competing at the Cardiff Cross Challenge this weekend.

Congratulations also go to new member David Omoregie as well as higher performance member David Guest who have been selected to represent Great Britain in an international indoor combined events match in Valencia, Spain, on 26-27 January. David Omoregie competes for the junior team while David Guest is in the under 23 team.

Good luck to the two Davids also.

## [How to avoid injuries](http://www.cardiffaac.org/news/howtoavoidinjuries.htm) Wednesday 16 January 2013

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

The latest in the programme of parents' evenings was held in the club room on monday of thie week (14th) and was a talk on "Growth Related Injuries in Young Athletes" (and how to avoid them). A well attended session listened to club Track and Field Chairman Andrew Seary, who is an experienced Chartered Physiotherapist, explain the potential injury problems of the growing athlete, how to recognise them and what to do.

Andrew illustrated his talk with a presentation which demonstrated the symptoms to look out for, the importance of corrrect movement technique and posture and how to deal with related injuries. Plus much more.

Anyone interested in further information should go to the club's Facebook page by clicking on the link below the menu where you will also be able to obtain a copy of the presentation.

Andrew has a busy physiotherapy practice in Cardiff and has many years of experience with sports injuries of all kinds.

## [Another record for Jake](http://www.cardiffaac.org/news/anotherrecordforjake.htm) Monday 14 January 2013

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

Jake Heyward is proving to be just as unbeatable indoors as over the country and proved this again yesterday. At the Cardiff Met indoor GP2 at the NIAC indoor arena, he won the under 15 boys' Welsh Championship 3000m in a Welsh record time of 9:26.28 breaking the previous record by over 3 seconds. This followed a Welsh record run of 2:04.2 in the 800m the previous week. Cardiff was well represented at NIAC yesterday, with numerous good performances

**Other Cardiff AAC winners yesterday were:**

**Men's 200m:**  Heat 1 - Anax da Slva (22.56);  Heat 2 - Jamal Whyte (23.05);  Heat 5 - Lemail Freckleton (23.47).

**Men's 400m:**  Heat 5 - Anax da Silva (50.34).

**Men's 800m:**  Heat 3 - Elliot Slade (1:50.47).

**Under 20 men's 3000m:**  Matthew Edwards (8:57.41)

**Under 20 men's 60mH:**  David Omoregie (8.05).

**Women's 60m:**  Final - Mica Moore (7.71).

**Women's 200m:**  Heat 6 - Eloise Laity  (27.15).

**Women's 400m:**  Heat 3 - Danielle Cocking (60.25).

**Women's 800m:**  Ellie Atkinson (2:16.70).

**Women's Long Jump:**  Rebecca Chapman (5.81m)

The full results (please note that they are incorrectly dated for the 6th January) can be viewed by clicking [**RESULTS**](http://www.cardiffaac.org/files/NIAC%20indoor%20results%2013%20Jan%2013.pdf).

The full results for the 6th January can be viewed by clicking [**RESULTS**](http://www.cardiffaac.org/files/NIAC%20indoor%20results%206%20Jan%2013.pdf).

A further notable performance on the 6th January was Harry Hillman's win in the under 15 boys' 60m hurdles in a new Welsh record time of 8.6 seconds.

## [Enfys' award](http://www.cardiffaac.org/news/enfysaward.htm) Friday 11 January 2013

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

Enfys Hawthorn was presented with her Meritorious Award for services to athletics in Wales by Welsh Athletics President John Penny last night. She received her award in the club room during a break from her work in the canteen where she has been a familiar face for many years.

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.

Congratulations Enfys

## [New honour for Christian](http://www.cardiffaac.org/news/newhonourforchristian.htm) Wednesday 9 January 2013

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

Cardiff's Christian Malcolm will serve a four year term on the British Olympic Association's Athletes’ Commission after being elected from a group of 21 candidates voted for by Olympians who have competed at a summer or winter Games since Sydney 2000. Upon hearing of his election, Christian said, “It’s an honour to be a part of the BOA Athletes' Commission and I believe that we have a fantastic opportunity to help shape the way that the BOA looks following the most amazing year of Sport Great Britain has ever seen. I’m excited about meeting with the other members of the Commission and helping to make a positive difference to something that I am very passionate about, which includes ensuring that the interest of the athletes remains at the forefront of the organisation's aims and objectives.”

The Commission is a 14 person advisory group first formed in July 2010 to ensure that the athletes' viewpoint and interests are at the heart of everything the BOA does. The members are made up of a mixture of past and present summer and winter Olympians and the group meets every two months.

Malcolm, a three-time Olympian, will be joined by Olympic rowing gold medallist Katherine Grainger, hockey bronze medallist Kate Walsh, former-rower James Cracknell, former-modern pentathlete Heather Fell and Athens 2004 diving silver medallist Leon Taylor. The former European and Commonwealth 200m silver medallist is looking forward to playing a part in way that the BOA is shaped for the future.

Congratulations Christian.

## [Multi event successes](http://www.cardiffaac.org/news/multieventsuccesses.htm) Monday 7 January 2013

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

Cardiff athletes produced excellent performances at the England Athletics multi event championships held in Sheffield on 5th and 6th January. Contesting the indoors heptathlon, new recruit David Omoregie won the under 20 gold medal with a score of 4,791 points. In the senior event, Francis Baker (pictured) came sixth with 5,112 whilst David Guest who competes for Cardiff as a higher performance athlete showed a welcome return to form to take third place with 5,258 points. David's younger brother Stephen came seventh in the under 20 contest with 4,275 points.

David Omoregie's individual event performances were: 60m - 7.32;  LJ - 6.82m;  SP - 12.24m;  HJ - 1.80m;  60mH - 8.25;  PV - 3.27m;  1000m - 3:00.75.

Francis Baker's performances were:  60m - 7.33;  LJ - 6.93m;  SP - 10.71;  HJ - 1.89m;  60mH - 8.48;  PV - 4.17m;  1000m - 2:48.31.

David Guest's performances were:  60m - 7.22;  LJ - 6.85m;  SP - 13.05m;  HJ - 1.95m;  60mH - 8.41;  PV - 3.67m;  1000m - 2:43.6.

Stephen Guest's performances were:  60m - 7.57;  LJ - 6.21m;  SP - 9.88m;  HJ - 1.950m;  60mH - 8.60;  PV - 3.77m;  1000m - 3:39.94.

## [Cardiff at Nos Galan](http://www.cardiffaac.org/news/cardiffoutinforceatnosgalan.htm) Thursday 3 January 2013

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

Cardiff athletes featured strongly at the 2012 edition of the popular Nos Galan road races in Mountain Ash. Clean sweeps were achieved in the senior men's elite race (Ieuan Thomas, Adam Bitchell and Tom Marshall) and in the girls 10/11 age group (Sofia Vella, Alisha Hayes and Annwen Gammon - pictured with their awards)

Ieuan Thomas and Adam Bitchell were back in Wales from their American universities for the Christmas break and started the race amongst the favourites whilst Tom Marshall's third spot followed an impressive victory at Glynneath a week earlier. James Thie finished sixth and Mike Kallenberg 11th.

Cardiff's juniors all ran well but pride of place goes to the first three in the girls 10/11 age group. Winner Sofia Vella was, of course, the club's athlete of the month for November.

Other successes included victories for Ben Vincent in the boys 8/9 age group, Jake Heyward in the boys 12/13 age group, Emily Griffin in the girls 12/13 age group (with Emma Ligthart second) and Ciaran Lewis in the boys 14/15 age group (with Lewis Brunt fifth). In the girls 14/15 age group, Erin Hayes was second and Joe-dianna Grabham third.

It was great to see so many Cardiff vests in each race.