**News Archive 2014**

Below is a copy of the news feed for 2014 from Cardiff AACs old website.

[**Indoor reminder**](http://www.cardiffaac.org/news/indoorentrydeadlines.htm) **Wednesday 31 December 2014**

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

The Welsh indoor 3000m championships (all age groups) take place at NIAC on 11th January and the closing date for entries is the 2nd January, the day after tomorrow.

If you want to enter and have not already done so, you should do it now.

The indoor arena at NIAC is one of the best in the country and we are very lucky to have it in Cardiff. Indoor competition is exciting and a good guide to form as well as a break from training.

The other Welsh indoor championships at NIAC to look out for are as follows:

11.01.2015: 3000m (S/U20/U17/U15)   
11.01.2015: Welsh Masters  
24.01.2015: Welsh Senior/U17/U13 - day 1  
25.01.2015: Welsh Senior/U17/U13 - day 2  
14.02.2015: Welsh U20/U15

To see the full list and details of entry dates, etc. go to [**WELSH CHAMPIONSHIPS.**](http://www.welshathletics.org/competitions/events/track--field/2015/01-jan/indoor-home-page.aspx)

Don't miss out.

[**A HAPPY CHRISTMAS**](http://www.cardiffaac.org/news/ahappychristmasy.htm) **Wednesday 24 December 2014**

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

Cardiff Amateur Athletic Club wishes all our members and friends a very happy Christmas and a successful 2015.

Normal club nights will resume on Monday, 5th January.

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

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

As a 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?

[**Congratulations**](http://www.cardiffaac.org/news/congratulationsx.htm) **Tuesday 23 December 2014**

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

Congratulations to Rhys Williams and Leila James on their marriage yesterday.

After a ceremony at St Augustine's Church in Rumney, Cardiff, that Leila had attended as a small girl, Rhys, Leila and their families moved to the Celtic Manor Resort where they were joined by friends and celebrated well into the night.

Rhys (multi medallist international 400m hurdler) and Leila (daughter of Cardiff AAC coach Helen James and herself a former athlete) met through their membership of Cardiff AAC, as did Rhys's brother James and Imogen who themselves were married earlier this year.



What a sporting family the Williams are. Proud father "JJ" was an international athlete before starring on the rugby field, James was a middle distance runner and former Cardiff club captain and Katherine also competed as a 400m hurdler for Cardiff before retiring from competition.

Rhys and Leila are off to a honeymoon in the sun and we wish them every happiness in their life together.

[**IMPORTANT INFORMATION**](http://www.cardiffaac.org/news/importantinformation.htm) **Friday 19 December 2014**

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

Owing to an unprecedented late rush of entries for the U17/U15/U13 South Wales/East Wales/South West England Indoor Championships and Junior Open Indoor event at NIAC on Sunday 4th January some events have now been moved to Saturday 3rd January to ease the congested timetable.

A one-day timetable was unrealistic and, in order to cope, a number of events for South Wales and East Wales athletes, who are local to the venue, will take place on Saturday 3rd January.

Events moved from Sunday 4th to Saturday 3rd January are the following;   
. 60m for All South Wales and East Wales U13, U15 & U17 male and female   
. 200m for All South Wales and East Wales U13, U15, & U17 male and female   
. 1500m for all South Wales and East Wales U13, U15 & U17 male and female   
. High Jump for all South Wales and East Wales U13, U15 & U17 male and female   
. Shot Put for all South Wales and East Wales U13, U15 & U17 male and female   
. Long Jump for South Wales and East Wales U13B, U13G & U15G   
  
All other events will remain on Sunday as timetabled but please be aware that the final timetable for Sunday will still involve a long day of athletics due to the sheer number of athletes taking part.

The revised timetable can be viewed [**HERE.**](http://www.cardiffaac.org/files/Indoor%20timetable%20Jan%202015.pdf)

Athletes competing on both Saturday and Sunday will need to keep their number from Saturday and re-register on Sunday to confirm their attendance; they will not be issued with a new number so please do not lose it.  
  
We are now looking for athletes, parents and club members to help with this extra demand with support on the Saturday as well as Sunday. Welsh Athletics will require another 20 field officials, plus non-technical helpers at registration to help take names and issue numbers.   
  
Volunteers will also be required to help with the events track seeding and people who are interested in this duty will have on-the-day training. Unfortunately if help cannot be found to deal with the extra demand some events may not take place.   
  
Many thanks for your patience and understanding in this matter.

For further information visit the [**Welsh Athletics Website.**](http://www.welshathletics.org/)  
  
Regards   
  
James Williams   
Head of Operations   
Welsh Athletics

[**All Members - IMPORTANT**](http://www.cardiffaac.org/news/toallmembersimportant.htm) **Thursday 18 December 2014**

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

Have you moved? Changed your email address or mobile phone number?

It is important that we have up to date details as we communicate with all our members by email and/or mobile phone.

We are aware of some members who have missed out on Welsh team selections because of a change of address that we did not know about.  
  
So, please help us to help you.

If you have changed any of these details within the past 3-4 years, please send us – your current home address; your current email address; your current mobile phone number.

Welsh Athletics and other organisations use the address and phone number details that we give them so it is in your own interests to ensure that our records are always up to date.

Please send these details by email to  -

[info@cardiffaac.org](mailto:info@cardiffaac.org)

Even if you have not changed anything please send us the details anyway so that we can check that our records are accurate.

**PLEASE DO THIS NOW, BEFORE YOU FORGET.**

Thank you.

[**Christmas closure**](http://www.cardiffaac.org/news/christmasclosure.htm) **Thursday 18 December 2014**

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

Cardiff International Sports Stadium will be open as normal until 23rd December and will then be closed (except for Sunday 28th December) and will re-open on Friday 2nd January.

The last night for the club canteen will be Thursday next, 18th, and will re-open on Monday 5th January.

Cardiff AAC wishes all its members and friends a very happy Christmas and a great 2015.

[**Naomi wins again**](http://www.cardiffaac.org/news/naomiwinsagain.htm) **Monday 15 December 2014**

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

Cardiff's Naomi Reid (athlete of the month for November) continued her run of form by winning the under 15 girls' title at the Welsh Inter Regional cross country championships in Builth Wells on Saturday last, 13th December.

Naomi was the only Cardiff winner but second places came from Daniel John (under 13 boys), Kate Seary (under 20 women) and Rhianwedd Price (senior women); with sister Ffion third.

Other good Cardiff performances were:  
  
Under 13 Girls: Sofia Vella (4th) and Sioned Wallwork (11th).  
Under 13 boys: Louis Spencer (13th).  
Under 15 girls: Kiara Frizelle (4th) and Jessica Wadey (6th).  
Under 15 boys: Rhys Jones (6th) and James Vincent (7th).  
Under 17 girls: Emma Ligthart (5th) and Alice Broadley (9th).  
Under 17 men: Jac Smith (13th).  
Under 20 women: Anna Morris 3rd) and Jessica Hegarty (5th).  
Under 20 men: John Cove (3rd), Ciaran Lewis (5th), Sam Longville (7th), James Hunt (8th), Elliot Richards (9th), Nicholas Jones (10th).  
Senior Women: Elizabeth Davies (9th).  
Senior Men: Peter Ryder (4th).

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Inter%20Reg%20XC%202014.pdf)

[**Vote NOW**](http://www.cardiffaac.org/news/votenowx.htm) **Thursday 11 December 2014**

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

Cardiff has three of its members in line for British Athletics' annual awards and they need your votes **TODAY**.

David Omoregie is in line for Young Athlete of the Year while Aled Davies is the nomination for Para Athlete of the Year.Both these outstanding athletes have enjoyed a great season.

Meanwhile, long serving and hard working club official Kath Elias is nominated as Volunteer of the Year.

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

[**London Marathon Entries**](http://www.cardiffaac.org/news/londonmarathonentries.htm) **Thursday 11 December 2014**

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

Do you want a place to run in the 2015 Virgin London Marathon?

Cardiff AAC has three guaranteed entries and these will be offered to club members on a first come, first served basis.

In addition, the club has a connection with the Ron Pickering Memorial Fund, an important athletic charity that supports young athletes and which can also offer guaranteed entries.

Any one interested should contact the club (use the [**Contact Us**](http://www.cardiffaac.org/contactus.htm) link) and we shall advise you on the next steps.

[**Third Gwent League**](http://www.cardiffaac.org/news/thirdgwentleague.htm) **Monday 8 December 2014**

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

The third round of the Gwent Cross Country League series was held on Saturday last, 6th December, at Brecon.

With excellent conditions and no rain (what a contast with last year!), Cardiff's junior athletes once again proved their quality. Naomi Reid continued her run of good form, taking second place in the under 15 girls'race while Ciaran Lewis was also second, in the under 20 men's race. Ffion Price contested the combined senior and under 23 women's race, finishing second in the under 23 category and fifth of the seniors.

**Cardiff's top finishers in each age group were:**  
  
**U11 boys:** - Michael Bruce (59th)  
**U11 girls:** - Sara John (10th)  
**U13 boys:** - Daniel John (6th)  
**U13 girls:** - Sofia Vella (6th)  
**U15 boys:** - James Vincent (6th)  
**U15 girls:** - Naomi Reid (2nd)  
**U17 men:** - Jac Smith (12th)  
**U20 men:** - Ciaran Lewis (2nd)  
**U23 Women:** - Ffion Price (2nd)  
**Senior Women:** - Ffion Price (5th)  
**Senior Men:** - Peter Ryder (18th)

The athletes of the match were chosen to be **Morgan James** and **Sara John** - Well Done!

There was a problem with the administration on Saturday and the Gwent League apologies for any inconvenience caused as a result.

For further information and to view the full results when they are available, visit the [**Gwent League website.**](http://gwent-league.org.uk/)

**NOTICE:** We have some lost property from the event that was left in the club tent - contact Kay Chapman if it is yours. Please can you also remember that if you are coming you must tell your team manager as a few athletes arrived unexpectedly.You must also tell your team manager if you are not coming after you have said you would as the club pays for you to enter and this is then money wasted. We have had a few repeat offenders so please be careful.

The next race in the series will be at Blaise Castle, Bristol on 8th February.

## [Liverpool Cross Country](http://www.cardiffaac.org/news/liverpoolcrosscountry.htm) Thursday 4 December 2014

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

A good number of Cardiff athletes travelled to Liverpool last Saturday, 29th November, for the Cross Country Challenge races.

Amongst numerous good performances those of Naomi Reid and Abi Fisher stood out, with Naomi finishing an outstanding fifth (out of a field of 93) in the under 15 girls' race and Abi close behind in 7th place.

In the under 20 women's race, Kate Seary was 21st, just ahead of Ellie Athkinson in 25th. There were 138 runners in the combined under 20 and under 17 women's race.

**Cardiff performances were:**

**Senior men (520 runners):** Kevin Seaward (33rd); Ieuan Thomas (35th); Jonathan Hopkins (43rd); Rowan Axe (70th); Owen Haswell (153rd).

**Under 20 men (122 runners):** John Cove (20th); Matthew Edwards (33rd); Ciaran Lewis (72nd); Ieuan Handley (101st); Nick Jones (105th); Lewis Brunt (113th).

**Under 20 Women:** Kate Seary (21st); Ellie Atkinson (25th).

**Under 17 Women:** Emma Ligthart (43rd).

**Under 15 girls (93 runners):** Naomi Reid (5th); Abi Fisher (7th); Annwen Gammon (43rd).

**Under 13 girls (98 runners):** Sofia Vella (19th).

The next race in the series will be in Cardiff on 18th January where we will be hoping for a bigger Cardiff turnout. For information on the Cardiff event go to [**Cardiff XC.**](https://cardiffxchallenge.wordpress.com/)

[**Coaching position for Adrian**](http://www.cardiffaac.org/news/coachingpositionforadrianpalmer.htm) **Monday 1 December 2014**

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

Welsh Athletics has appointed Cardiff's Adrian Palmer to one of its newly created coaching roles, that of Field Coach Development Manager.

Adrian takes up his position today and will have leadership responsible for the development of all field event coaches in Wales. It is a full time appointment, based between the National Indoor Arena and Cardiff International Sports Stadium.

Adrian (45) joined Cardiff AAC as a teenager and rapidly developed into one of Wales leading hammer throwers, holding the club record for many years with a personal best throw of 62.56m. He has been coaching for a number of years and has guided his son Jac to be one of Britain's leading young throwers; in the process taking his father's club age records one by one. He has also been coaching Commonwealth medallist Carys Parry as well as assisting Brett Morse.

Cardiff AAC wishes Adrian every success in his new role.

## [Gwent League 3](http://www.cardiffaac.org/news/gwentleague3x.htm) Tuesday 25 November 2014

[](http://www.cardiffaac.org/news/gwentleague3x.htm)

After more great Cardiff AAC performances at the second league match in Llandaff Fields we move on to the third Gwent League match on Saturday December 6th. These races will be held at Penlan Leisure Centre in Brecon where the course is relatively flat.

Last year we had lots of individual winners at the end of the season and won the prize for the top Junior Club – let’s see if we can do it again this year!

Please let the team managers know as soon as possible if you intend to take part.

**The timetable of races is as follows:**

12.00: Novice Boys: 1.4k Start-ABCFG,AB-Finish

12.08: Novice Girls:  1.4k Start-ABCFG,AB-Finish

12.16: Under 13 Boys:  2.8k Start-ABCDFG,AB-Finish

12.33: Under 13 Girls:  2.8k Start-ABCDFG,AB-Finish

12.50: Senior Ladies and Masters:  5.7k Start-ABCDFG,ABCDEFG,AB-Finish

13.32: Under 15 Boys:  3.6k Start-ABCDEFG,AB-Finish

13.40: Under 15 Girls:  3.6k Start-ABCDEFG,AB-Finish

13.49: Under 17/Under 20 Men:  5.7k Start-ABCDFG,ABCDEFG,AB-Finish

14.05: Under 17/Under 20 Women:  4.9k Start-ABCDFG,ABCDFG,AB-Finish

14.20: Senior Men and Masters:  9.4k Start-ABCDEFG,ABCDEFG,ABCDEFG,AB-Finish

A map of the course can be seen [**HERE.**](http://www.cardiffaac.org/files/Gwent%20League%20Brecon.pdf)

Please report to your team manager at **least an hour** before your race so you can walk the course. We can enter as many runners as we like so if you fancy having a go please get in touch. If you are being coached at the club we expect to see you competing for the club. If you are a football or rugby player that has his match cancelled on the day of the race we can accept entries on the day so please text if your plans change and you would like to compete at short notice. Also if you have said that you will race but cannot come at the last minute please let your team manager know so that you can be taken off the team list before we pay for your entry.

**The team managers are**

Senior Men – Alex Donald  07740 471573

Senior Women – John Penny 07816 654741 or [j.penny1@sky.com](mailto:j.penny1@sky.com)

Boys (up to under 20) – Kay Chapman 07749 716151 or [kay.chapman@tesco.net](mailto:kay.chapman@tesco.net)

Girls (up to under 20) – Tracey Gammon 07795 098053 or [tagammon@btinternet.com](mailto:tagammon@btinternet.com)

If you have any questions about the cross country fixtures or need more information about anything to do with Cardiff AAC, please don’t hesitate to get in touch or come and say hello at the club on a Monday and Thursday between 6 and 8. You can also have a look at our website at [www.cardiffaac.org](http://www.cardiffaac.org/)  or join our facebook group Cardiff AAC.

Please reply to this email or text your team manager with your full name and date of birth if you would like to run.

## [Academy News](http://www.cardiffaac.org/news/academynewsbeattherush.htm) Monday 24 November 2014

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

The autumn term will finish shortly and has been a great success. The next term will start on 5th January and we are now taking reservations.

There were long queues on the first days of term last time so, to avoid this and to secure your place, we strongly recommend that you confirm your place now.

Please contact Academy administrator Lyn Davies either in the club room on Monday or Thursday or by email to her at [l.davies97@ntlworld.com](mailto:l.davies97@ntlworld.com). Payment of the Term's fee of £24 per Academy Member will need to be paid at the same time.

## [John Penny thanked at AGM](http://www.cardiffaac.org/news/johnpennythankedatagm.htm) Friday 21 November 2014

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

In opening the Annual General Meeting of the club, held last night in the club room, President Bernie Plain paid tribute to John Penny's long membership and service to the club in many roles. John (80) has decided to give up coaching and Bernie presented him with a memento of the club's appreciation.

Four distinguished members were elected as life members for their outstanding contributions: Alex Donald, Matt Elias, James Thie and James Williams. Each has made an important contribution as an athlete as well as in other ways to the successes of the club and their elections as life members were warmly received.

Chairman Graham Webb reported on a challenging but successful year and drew attention to Cardiff's representation in Wales' Commonwealth Games team, to David Omoregie's bronze medal at the world junior championship and the UK Women's League team's promotion to Division 1. He underlined the importance of the successful launch of the Academy and said that the club could look forward with confidence to the future.

President Bernie Plain said what an honour it was to be President of a great club but that the club could not function without the fantastic contributions of the coaches, team managers, canteen, administrators; in fact, everyone that played a part in keeping the club going. He paid tribute to and thanked them all.

**During the formal part of the meeting, the following were elected:**

**Patron:** Lord Mayor of Cardiff  
**President:** Bernard Plain  
**Chairman:** Graham Webb  
**Secretary:** Ann Cooper  
**Treasurer:** Steve Davies  
**Membership Secretary:** Kath Elias  
**Chairman of the Track and Field Committee:** Andrew Seary  
**Cross Country and Road Coordinator:** Alex Donald  
**Coaching Coordinator:** Dave Hawthorn  
**Additional member of the General Committee:** Garry Jones  
**Additional member of the General Committee:** Hugh Phillips  
**Additional member of the General Committee:** Tim Fry

## [Officials Courses](http://www.cardiffaac.org/news/officialscourses.htm) Thursday 20 November 2014

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

Being an official at an athletics meeting can be interesting and rewarding and it is not too difficult to become qualified.

Next week, Welsh Athletics is organising a course specially for Cardiff AAC members and friends who are interested to become officials. The course is over two evenings, next Monday 24th and Thursday 27th in the Cardiff International Sports Stadium, Leckwith and will be from 7pm until 9pm each evening. On Monday, general rules will be covered and Thursday will focus on field events.

The sport cannot operate without officials so we would encourage as many as possible to give it a try. Please contact Garry Jones ([garryjones333@btinternet.com](mailto:garryjones333@btinternet.com)) as soon as possible.

There is also a track officials course planned for the morning of December 14th in NIAC. Again, please let Garry know if you are interested.

Why not give it a go? Athletics needs you.

## [Welsh Inter Schools XC](http://www.cardiffaac.org/news/welshinterschoolsxc.htm) Wednesday 19 November 2014

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

Cardiff athletes were out representing their schools on Saturday last, 15th November, at the Welsh inter-schools cross country championships in Brecon.

Running for Y Pant school, Naomi Reid (pictured at this year's Welsh road relay championships) was the winner of the under 15 girls' age group with Abbi Fisher second.

John Cove was second in the senior boys' race and Ellie Atkinson was second in the senior girls' race. Tomos Nesham was third in the under 15 boys.

**Other prominent Cardiff athletes were:**

**Senior Boys:** Dafydd George (9th).  
**Senior Girls:** Emma Ligthart (6th).  
**Under15 boys:** Rhys Jones (5th) and James Vincent (7th).  
**Under 15 girls:** Jessica Wadey (7th) and Kiara Frizelle (9th).

The full provisional results can be viewed [**HERE.**](http://www.cardiffaac.org/files/welsh%20inter%20schools%20cross%20country%202014%20provisional.pdf)

## [Cardiff awards at Dinner](http://www.cardiffaac.org/news/cardiffawardsatwelshdinner.htm) Monday 17 November 2014

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

Cardiff scooped seven awards at the annual Welsh Athletics Hall of Fame dinner held at the Radisson Blu hotel in Cardiff on Saturday night last.

David Omoregie was the runaway winner of the Junior male track and field Athlete of the Year for his outstanding season that culminated in a bronze medal at the World Junior Championships in Eugene, Oregon.

Ciaran Lewis (pictured with Jamie Baulch) picked up the Junior off-track Athlete of the Year for his achievements in mountain running where he has represented both Wales and Great Britain.

**Photographs kindly provided by Rob Cole of Westgate PR**

  
David Omoregie - Welsh Junior Athlete of the Year

  
Kath Elias: Club volunteer of the year

  
Adrian Palmer - Performance coach of the year

Phil Banning - Endurance coach of the year

  
Dic Evans - Off-track coach of the year



Former GB international and multi record holder Angela Tooby-Smith was inducted into Welsh Athletics prestigious Hall of Fame to join numerous other Cardiff AAC stars of the past, several of whom were present at the dinner and on hand to help make presentations.



Club President Bernie Plain made a presention to Christian Malcolm to recognise and appreciate his support of the club and the massive contribution that he has made to Welsh and to British Athletics.



The highlight of the evening was a special tribute paid to Cardiff AAC life member Lynn Davies on the occasion of the 50th anniversary of his Olympic Gold medal long jump in 1964 at the Tokyo Olympic Games. Also present was American Ralph Boston, the then reigning Olympic Champion and world record holder whom Lynn had beaten into second place. In talking about his career, Lynn sressed the importance of the support he had received in his early days, including his experience of club athletics.

At the recent AGM of Welsh Athletics, Cardiff Life Member **Haydn Tawton** received an Award of Honour for his outstanding contribution to athletics in Wales over many years. Haydn, a Roath Harrier before the formation of Cardiff AAC, represented Wales at the Empire and Commonwelth Games in Cardiff in 1958 and was one of the youngest athletes at the Games.

## [Record Turnout for League](http://www.cardiffaac.org/news/recordturnoutforgwentleague.htm) Monday 10 November 2014

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

In perfect weather conditions and over a brand new course at Llandaff Fields, more than 100 Cardiff AAC athletes took part in the second round of this season's Gwent Cross Country League yesterday, 9th November.

Cardiff's runners excelled with individual winners Jon Hopkins (senior men) and Kate Seary (under 20 women) dominating their races and many others contributing to team successes.



**Cardiff's  top performers in each age group were:**  
Under11 boys: Henry Spencer - 26th   
Under11 girls: Jemima Robinson - 26th   
Under13 boys: Louis Spencer - 7th   
Under13 girls:  Sioned Kennedy-Wallwork - 5th   
Under15 boys: Tom Nesham - 2nd   
Under15 girls: Abi Fisher - 3rd   
Under17 women: Bethan Evans - 8th   
Under17 men: Daniel Graves - 30th   
Under20 women: Kate Seary - 1st   
Under20 men: Matthew Edwards - 2nd   
Senior Women: Ffion Price - 8th   
Senior Men: Jon Hopkins - 1st

Cardiff's **Athletes of the Match** were Belinda Wallace and Dylan Garrett for the huge improvements that they both showed yesterday.

After two rounds, Cardiff is leading the under 15 boys, under 20 men and under 20 women's team races and is lying second in the under 15 and under 17 girls. Cardiff's B team is lying second in the under 20 men's race.

The South Wales Championships were also incorporated into yesterday's Gwent League and Cardiff AAC had individual and team successes in all the Junior Age groups:

**Individual champions** were Matthew Edwards (under 20 men), Kate Seary (under 20 women) and Bethan Evans (under 17 women).

**Team champions were:**

Under 17 women: Bethan Evans, Emma Ligthart, Belinda Wallace and Gwenno Waddington

Under 20 women: Kate Seary, Ellie Atkinson, Jess Hegarty and Anna Lawson

Under 17 men: Daniel Graves, Jac Smith, Aeron Evans and Jack Eggington

Under 20 men: Matthew Edwards, John Cove, Ciaran Lewis and Nicholas Jones

The official full results will be available on the [**Gwent League**](http://gwent-league.org.uk/) website later this week.

Congratulations to all who were involved in this successful event.

A section of photographs taken at the first Gwent League, in Bridgend on 12 October, can now be seen in [**GALLERIES.**](http://www.cardiffaac.org/galleries/gwentleague2014/default.htm)

## [Muti event medals](http://www.cardiffaac.org/news/mutieventmedals.htm) Tuesday 4 November 2014

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

The combined Welsh Schools and Welsh Athletics multi event championships were held at the NIAC, Cardiff, on Sunday last 2nd November, with Cardiff athletes representing their schools and/or club.

Cardiff AAC gold medallists were Sarah Omoregie (under 16 girls schools champion), Jordan Fender (uner 18 boys school champion) and Thomas Britt (under 15 boys Welsh champion). Thomas is pictured being congratulated by club chairman Graham Webb.

Other Cardiff AAC medallists were: Lauren Evans (under 16 girls school - silver); Ryan Grimwade (under 18 boys school - silver); Brooke Langton-Cryer (under 18 girls school - bronze); and Isabel Breeden (under 15 girls Welsh championship - bronze).

The championships were marred by an injury to talented Harry Hillman who fell at the end of the 200m and badly hurt his shoulder. We wish Harry a speedy recovery and return to training.

The complete results can be viewed [**HERE.**](http://www.cardiffaac.org/files/Multi%20events%202%20Nov%2014.pdf)

## [Annual General Meeting 2014](http://www.cardiffaac.org/news/annualgeneralmeeting2014.htm) Tuesday 28 October 2014

[](http://www.cardiffaac.org/news/annualgeneralmeeting2014.htm)

The 2014 Annual General Meeting of the club will be held at 8pm in the club room on Thursday 20th 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

Any paid up member may nominate a person to one of the positions listed below or to propose changes to the club’s constitution or rules. If you wish to do this your proposal(s) (which must be supported by at least one other paid up member) must be sent in writing to the club secretary at least 21 days before the meeting (viz. by 30 October).

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 principal officer positions are as follows:**

President:   Bernie Plain

Chairman:   Graham Webb

Secretary:   Ann Cooper

Treasurer:   Steve Davies

Membership Secretary:   Kath Elias

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

Chairman of the track and field committee (Andrew Seary)

Secretary of the track and field committee

Cross Country and Road Coordinator (Alex Donald)

Coaching Coordinator (Dave Hawthorn)

Two members elected at the Annual General Meeting (Tim Fry, Huw Phillips and Gary Jones)

**The agenda of the AGM is as follows:**

1. To receive apologies for absence
2. To receive the chairman’s report on the year
3. To approve the minutes of the 2013 AGM
4. Any matters arising from 3.
5. To approve the accounts of the year to 30 September 2014
6. To receive the report of the General Committee
7. To confirm the election of the Patron (Lord Mayor of Cardiff)
8. To elect the President, Officers and certain members of the General Committee
9. To elect auditor(s)
10. Any other business

**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.**

## [Cross Country Alert](http://www.cardiffaac.org/news/crosscountryalert.htm) Monday 27 October 2014

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

The second round of the Gwent Cross Country League will be held in Cardiff's Llandaff Fields on Sunday 9th November and will incorporate the South Wales Cross Country Championships.

The regional championships are for age groups under 17 upwards and entries must be made in advance so you should let your team manager know straight away if you wish to take part.

After some excellent Cardiff AAC performances at the first league match in Bridgend we move on to the second Gwent League match on Sunday November 9th. These races are being held at Llandaff Fields in Cardiff so we have no excuse for not getting good teams out.

The programme of races starts at 12 noon with the Novice Boys and the last race (senior men and masters) is at 2.30pm.

The course is relatively flat so will be another easy course for everyone to have a go at. We will be taking the club tent again (where the team managers will be based) so you can leave kit bags etc. here while you walk the course and race.

All athletes must wear a Cardiff AAC competition vest and have 12mm spikes in their running shoes. You will need to report to your team manager **at least an hour** before your race so you can walk the course so you will know where you are going. We can enter as many runners as we like so if you fancy having a go please get in touch. If you are being coached at the club we expect to see you competing for the club.

The South Wales Cross Country Championships are being run at this competition so you will also need to let your team manager know if you want to be entered. Also if you have said that you will race but cannot come at the last minute please let the team manager know so that you can be taken off the team list and save paying an entry fee for you. Last year we had lots of individual winners at the end of the season and won the prize for the top Junior Club – let’s see if we can do it again this year!

You can find a map of the course, timetable and other information by clicking [**HERE**](http://www.cardiffaac.org/files/Llandaff%20Fields.pdf) or by visiting the [**Gwent League's**](http://gwent-league.org.uk/2014/fix142.htm) website

If you have any questions about the cross country fixtures or need more information about anything to do with Cardiff AAC, please don’t hesitate to get in touch or come and say hello at the club on a Monday and Thursday between 6 and 8. You can also have a look at our website at [www.cardiffaac.org](http://www.cardiffaac.org/)  or join our facebook group Cardiff AAC.

## [Parents' Evenings](http://www.cardiffaac.org/news/parentsevenings.htm) Saturday 25 October 2014

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

The club is organising two parents' evenings on Monday and Thursday, 3rd and 6th November.

These will be held in the Cardiff AAC club room at the stadium between 6 and 7pm and will explain to parents the activities of the club and what is available to the younger athletes over the course of a season of athletics.

The presentations are intended primarily for the parents of Academy members but all are welcome to attend.

Refreshments will be available from the club canteen throughout the evenings.

We hope that as many as possible will attend.

## [Award for Curtis](http://www.cardiffaac.org/news/awardforcurtis.htm) Wednesday 22 October 2014

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

Cardiff's Welsh international decathlete Curtis Mathews was presented with the Student Sports Personality of the Year award at the Cardiff European Capital of Sports awards dinner at the Millennium Stadium recently.

Curtis (22), who is coached by Mike Guest), was one of Wales’ most improved and succesful athletes in 2014 finishing 10th with a new personal best of 7,422 at the Glasgow Commonwealth Games.

Congratulations to Curtis.

## [Presentation Evening 2014](http://www.cardiffaac.org/news/presentationevening2014x.htm) Sunday 19 October 2014

[](http://www.cardiffaac.org/news/presentationevening2014x.htm)

Another successful Cardiff AAC presentation evening was held last Sunday, 12th October, at the Earl Haig Club, Whitchurch, Cardiff with an excellent turnout of athletes as well as parents and friends.

Commonwealth Games stars Curtis Mathews and Sally Peake were on hand to make the presentations and entertainment was provided by Sean the magician who baffled everyone with his skill.

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:  Louis Spencer  
Under 13 girls:   Emily Chirighan  
Under 15 boys:  Jay Morse  
Under 15 girls:   Annwen Gammon  
Under 17 boys:  Matthew Cottingham  
Under 17 girls:   Niamh Golton  
Under 20 men:   Nick Jones  
Under 20 women:  Kate Seary

**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 11 boys:  Ben Vincent  
Under 11 girls:  Lily Gregson  
Under 13 boys:  Jonathan Gibson  
Under 13 girls:  Sofia Vella  
Under 15 boys:  Ieuan Jones  
Under 15 girls:  Jessica Wadey  
Under 17 boys:  Ryan Grimwade  
Under 17 girls:  Ceri Jones  
Under 20 men:  Matthew Collins  
Under 20 women:  Rebecca Evans

**The Simon Lane Memorial Award went to Ceri, Gwyn and Garry Jones jointly.**

**Best Performance awards:**These awards are based on athletes' performances in championships and taking into account Welsh and UK rankings in 2014.

Under 13 boys:  Daniel John & Adam Mohsin  
Under 13 girls:   Issie Tustin  
Under 15 boys:  Kieran Grimwade  
Under 15 girls:   4x300m relays (Jessica Wadey, Caitlin Exton, Annwen Gammon, Naomi Reid)  
Under 17 boys:  Ryan James  
Under 17 girls:  Emily Griffin  
Under 20 men:  David Omoregie   
Under 20 women:  Tasia Stephens

A special presentation was made to Debbie Bull who has decided to take a rest from team management after many years of looking after the National Junior League team.

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

Our thanks go to Andrew Seary and his colleagues for organising another successful event.

Thanks also to Ken Long for providing the photographs.

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

## [Kay's Funeral](http://www.cardiffaac.org/news/kaysfuneral.htm) Friday 17 October 2014

Kay James' funeral will take place next Friday, 24th October, at St Mary of the Angels Roman Catholic Church, Kings Road, Canton.

It will be a Requiem Mass at 10.30, and thereafter at the Wenvoe Crematorium at 12.00.

Kay has requested that bright colours be worn.

The family will welcome friends to the Fairwater Conservative Club, Ely Road, Llandaff, Cardiff after the services.

## [New post goes to Matt](http://www.cardiffaac.org/news/newpostgoestomatt.htm) Friday 17 October 2014

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

Within a re-vamped Welsh Athletics coaching structure, Cardiff's former GB international 400m hurdles and relay star Matt Elias (pictured in his heyday as a competitor) has been appointed to the new post of National Performance Centre Coach.

Formerly the National Event Group Lead - sprints and hurdles, Matt's new responsibilities are the coaching of elite athletes at the National Performance Centre in Wales, to include the support to coaches and athletes elsewhere in Wales, as required.

Matt had a distinguished career as an athlete, representing Wales and Great Britain on many occasions at 400m hurdles and relay and collecting numerous medals in the process.

Matt was involved in one of the most thrilling finishes in a relay when he ran the last leg for Wales in the 4x400m relay at the 2002 Commonwealth Games in Manchester, just failing by the thickness of his vest to hold off England's Daniel Caines for the gold medal.

We wish Matt well in his new role.

Another change in the Welsh coaching structure sees a change in Scott Simpson's remit as he now becomes Head of Coaching and Peformance with overall responsibility for *overall strategic responsibility for the coaching and performance programme and management responsibility for the department*.

## [Welsh award for Ciaran](http://www.cardiffaac.org/news/welshawardforciaran.htm) Thursday 16 October 2014

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

Cardiff's Ciaran Lewis has clinched the Welsh Athletics Junior Male Off-Track Athlete of the Year award for his string of mountain running performances.

After winning the British and Irish Mountain Running Championships, Ciaran (17) was selected to represent Great Britain for the first time at the European Mountain Running Championships in France and he also represented Wales at the World Youth Mountain Running Cup in Italy.

Ciaran had started the year by becoming British Champion when representing Wales in the British and Irish Mountain Running championships and was the only non-English athlete to make it to the top of the podium at this event.

Ciaran took part in the trial race for the Great Britain team for the European Mountain Running Championships, not expecting to get in but he had a great run and finished 4th in the trial and was selected to compete.  He went one better in the European Championships in France in July, by finishing in 16th place; he was the third Great Britain athlete home. Ciaran hopes to repeat this experience as he has two more years in the under 20 age group.

Ciaran also represented Wales at under 18 in at the World Youth Mountain Running Cup in Italy in June where he finished in 6th place, the highest position ever for a Welsh boy in this competition.

Ciaran has had an extremely successful Mountain Running season and he is still eligible for this age group for two more years. He has also had success representing Wales at under 18 and under 16 level this year.  He was under 16 British Champion at the British and Irish Mountain Running Championships in Aberfoyle in Scotland. The last time a Welsh under 16 boy won this event was in 2003.

Although this award is for Ciaran's off-track performances, he has also had a very busy year, competing regularly on the track and cross country. This is his most successful year so far and indicates even more success in the future.

Very well done Ciaran.

## [Goodbye Kay](http://www.cardiffaac.org/news/goodbyekay.htm) Wednesday 15 October 2014

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

Cardiff AAC is very sad to learn of the passing earlier today of Kay James after a short illness.

Kay, with her late husband John, joined the club in 1981 with their children, Philip and Helen. Both John and Kay quickly became involved in the organisational side of the club and held many important roles.

Over the 33 years since she joined, Kay became a key member of the club and was general secretary for 11 years from 1993 to 2003. She was a Life Member and was President for two years from 2011.

Kay organised the club’s home fixtures for many years and was an essential link with the Welsh officials. Because she had been around for so many years and both knew and was known by the vast majority of officials in the southern half of Wales, she was a key person when the County or the Region or the club organised competition, whether track and field or cross country.

Apart from her roles in the club, she was also secretary of South Glamorgan County and, later, of South Wales Region. Kay both organised and was a manager for county and regional teams competing at the Welsh Inter Counties, at the Welsh Inter Regional and at the UK CAU Inter Counties championships and, for many years, was one of the representatives to the Management Board of the Athletics Association of Wales and its Inter Regional Forum.

Kay was awarded the Meritorious Award of the Athletics Association of Wales in 1998 and, in 2009, she was presented with the Welsh Athletics’ Award of Honour for her services to athletics in Wales.

As recently as June of this year, Kay was in Germany with a group of club friends to watch the European Team Championships and had been planning to go to Prague next March for the European Indoor Championships.

Kay was an exceptionally hard worker and a loyal and popular member of Cardiff AAC. She will be sorely missed and our sincere condolences go to Philip and Helen.

## [First Gwent League](http://www.cardiffaac.org/news/firstgwentleague.htm) Monday 13 October 2014

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

The first round of this season's Gwent Cross Country League, held in Bridgend yesterday on a bright and sunny day, but later with a chilly wind, saw around 100 Cardiff athletes, including many 'first timers' competing in all the age groups.

The best performers were John Cove, who came home in second place in the under 20 men's race, and Kate Seary and Naomi Reid who both finished third in their respective races, the under 20 women and the under 15 girls.

The full results will be published later but the top performances from Cardiff athletes were:

Under 11 Boys - Henry Spencer (14th)   
Under 11 Girls - Sara John (28th)   
Under 13 Boys - Louis Spencer (5th)   
Under 13 Girls - Sofia Vella (10th)  
Under 15 Boys - Rhys Jones (6th)  
Under 15 Girls - Naomi Reid (3rd)  
Under 17 Men - Jac Smith (19th)  
Under 17 Women - Bethan Evans (8th)   
Under 20 Men - John Cove (2nd)  
Under 20 Women - Kate Seary (3rd)  
Senior Men - Ashenafi Erkolo (17th)  
Senior Women - Rachel Matthews (20th)

Jac Smith and Naomi Reid were selected as Athletes of the Day and each receives a Lucozade Supplement Shake Bottle.  
  
Well done to everyone that ran - full results (with team scores) will be available later this week on the Gwent League website.

## [Welsh Award for Kath Elias](http://www.cardiffaac.org/news/welshawardforkathelias.htm) Saturday 11 October 2014

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

Long serving and popular club member Kath Elias is the 2014 Welsh Athletics Volunteer of the Year and will receive her award from Welsh Athletics at their annual dinner at the Radisson Blu hotel in Cardiff on 15th November.

This award is very well deserved as Kath has put in a prodigious amount of work over many years for the club, for Welsh Schools and Welsh Athletics.

Kath joined Cardiff AAC as a sprint hurdler and long jumper and quickly became an important member of the club team. After concluding her competitive career, she went on to combine her work as a teacher with ever increasing administrative roles in athletics. She was chairman of the club for four years from 1999 to 2003, following which she was general secretary for four years until 2007. Since then she has been membership secretary, a vital position in such a large and constantly changing organisation.

In addition to her club roles, Kath has played a key role in the Welsh Schools Athletic Association.

She was elected Chairman of South Glamorgan Schools in 1994 and was immediately involved in helping organise the 1995 Nationals in Cardiff. Following a reorganisation, Kath became the first chairman of the newly formed Cardiff & the Vale of Glamorgan Schools Athletics Association and held that post for 5 years before moving to General Secretary and later to Acting Treasurer. For a number of years, she has been the President.

Kath has held numerous important positions in the Welsh Schools Association, including national track and field secretary for six years (which role included organising the SIAB internationals in Carmarthen and Cardiff), vice-chairman in 2007, chairman in 2010 and currently general secretary.

Athletics could not survive without the hard work and commitment of people like Kath and we all owe her a debt of gratitude.

And, by the way, during this busy life, Kath managed to bring up two sons, one of whom (Matt) became one of Wales’ most successful athletes.

Very many congratulations Kath.

## [Road Relay success](http://www.cardiffaac.org/news/roadrelaysuccess.htm) Friday 10 October 2014

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

A small but classy under 15 girls team travelled to Birmingham's Sutton Park last Sunday, 5th October, to take part in the National Young Athletes road relay championship.

Up against 79 of the best teams in Britain, the Cardiff team of Annwen Gammon, Naomi Reid and Abigail Fisher finished in an excellent 9th place.

With each athlete running a leg of 3.86k, Annwen battled through a congested start line to give the team a good position at the end of the first leg. She handed on to Naomi who quickly picked up a number of places with a fast start to her leg and  maintained that pace for the rest of the lap. Naomi handed on to Abi Fisher who ran a fantastic final leg to bring the team home in 9th place with a combined time of 43:52, only just over a minute behind the winners.

Abi’s time of 14:19 was the 15th fastest leg of the day and the 7th fastest of her stage.

The Competition was won by Blackheath & Bromley Harriers who were led home by Katy Ann McDonald in a time of 42:25.

With two of the three girls still eligible to run in this age category next season, the team will be looking forward to competing in this event in 2015.

Congratulations to all three girls and also to Alyn Gammon who stepped in at the last minute to take the girls to Birmingham.

The full results can be seen [**HERE.**](http://www.cardiffaac.org/files/NYA%20Road%20RElays%202014%20U15girls.pdf)

## [Ieuan's debut and team win](http://www.cardiffaac.org/news/ieuansgreatdebut.htm) Monday 6 October 2014

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

Cardiff's Ieuan Thomas produced an outstanding debut run in the Cardiff Half Marathon yesterday, 5th October, to finish in 7th place in the excellent time of 65:40 minutes.

A delighted Ieuan said after the race that “it was an amazing experience, I wore my Cardiff vest so the crowd would know who I was and they gave me a major boost. It was unbelievable. Hopefully this is the start of even better things to come.”

The icing on the cake was that Cardiff AAC won the team race, which counts as this year's British championship.

Jon Hopkins, also making his debut over the distance, finished in 20th place in 68:21.

Other Cardiff athletes were Mike Kallenberg (33rd in 71:06), Tom Marley (51st in 73:21), James Hunt (88th in 75.59), Dafydd George (187th in 81:14), James Thie, Matthew Edwards, Huw Phillips, Steven Waldron, James Wright and Norman Jones.

Steeplechaser Emily Brown was 28th in the women's race in 87:06.

Following the road mile championships the prevbious day, this was a successful weekend for Cardiff AAC.

## [Marvellous milers](http://www.cardiffaac.org/news/marvellousmilers.htm) Saturday 4 October 2014

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

Cardiff's milers were out in force today at the Welsh road mile champoionships, held in perfect weather in the historic surroundings of Cardiff's Civic Centre.

Amongst several classy performances, those of winners Haasan Abdi (under 17 men), Sofia Vella (under 13 girls), Tomos Nesham (under 15 boys) and Elliot Slade (senior men) stood out.



In the under 15 girls' race, Jessica Wadey was narrowly beaten into second place whilst in the under 17 men's race, Jac Smith looked safe for the silver medal until fast finishing Alex Price (Rhondda) just caught him on the line.

The senior men's race saw a clean sweep by Cardiff athletes with 800m specialist Elliot Slade scoring a comfortable victory over defending champion James Thie with Matthew Edwards third. James had been working as an announcer for most of the morning before relinquishing the microphone just in time to warm upand take his place on the start line.

These mile championships, held for the second time as a warm up before tomnorrow's Cardiff Half Marathon, are a good innovation and should grow in popularity and importance. The races, combined with summery weather, attracted hundreds of enthusiastoc spectators.

Well done to Welsh Athletics.

The full results can be seen [**HERE.**](http://www.cardiffaac.org/files/Road%20Mile%20champs%202014.pdf)

## [Cross Country calling](http://www.cardiffaac.org/news/areyoureadyforcrosscountryx.htm) Thursday 2 October 2014

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

THis is another reminder that the cross country season will start NEXT WEEK with the first round of the popular Gwent Cross Country League, which takes place on 12th October at Bridgend.

Please give your name to your team manager so that you can be included in the club team.

The Bridgend course provides an ideal start to the series as it is very flat except for a small hill in the woods.

The provisional dates and venues for the following four rounds are as follows:

November 9th: Llandaff Fields, Cardiff  
December 6th or 7th: Blaise Castle, Bristol (TBC)  
February 7th or 8th: Penlan Arena, Brecon (TBC)  
February 28th or March 1st: Aberdare  
  
Team managers are

Senior Men – Alex Donald  07740 471573

Senior Women – John Penny 07816 654741 or [j.penny1@sky.com](mailto:j.penny1@sky.com)

Boys (up to under 20) – Kay Chapman 07749 716151 or [kay.chapman@tesco.net](mailto:kay.chapman@tesco.net)

Girls (up to under 20) – Tracey Gammon 07795 098053 or [tagammon@btinternet.com](mailto:tagammon@btinternet.com)

Don’t forget that you will need long spikes in your running spikes (available in the clubroom at £2.50 for a set of twelve) to help you grip and you must wear a club vest. You have to be at least 9 years old on the day of the race to compete. It is a team competition so we need as many of you to compete as possible to get the most points – we won the overall prize for top junior club last season!

A full fixture list is available in the club room this week including details of the first Gwent League races. If you have any questions about cross country please contact your relevant team manager.

For more information on the first Gwent League fixture (course map, timetable, etc.) click [**HERE**](http://gwent-league.org.uk/2014/fix141.htm).

## [Mile entries close on Monday](http://www.cardiffaac.org/news/mileentriescloseonmonday.htm) Saturday 27 September 2014

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

The Welsh Mile road championships will be held again in Cardiff on Saturday 4th October (the day before the half marathon) and will be open to all age groups (male and female) from under eleven to seniors, plus the British and Welsh Masters.

Entries close on Monday next 29th September so if you want to run but have not yet entered, do so straight away.

Last year, Cardiff athletes won loads of medals and we could do even better this year.

To enter online go to the Welsh Athletics website - click [**HERE**](http://www.welshathletics.org/competitions/events/road-running/2014/10-oct/lloyds-bank-festival-of-running-(mile-races)---cardiff.aspx#Miletimetable) - or download the paper entry form [**HERE.**](http://www.cardiffaac.org/files/welsh-champs-mile-2014-entry-form-.pdf)

Last minutes entries can be given to Kay Chapman ib the club room on Monday evening.

## [Presentation Evening 2014](http://www.cardiffaac.org/news/presentationevening2014.htm) Thursday 25 September 2014

[](http://www.cardiffaac.org/news/presentationevening2014.htm)

The 2014 Cardiff AAC Junior Presentation Evening will be held on Sunday 12th October at the Earl Haig Club, Whitchurch, Cardiff starting at 6.30pm.

Come along to this popular annual event and meet Cardiff's international athletes who will be helping with the presentations..

Tickets are £2 each in advance (£4 at the door) and are available in the Cardiff AAC Club Room at Cardiff International Stadium.

Special guests will include Welsh Commonwealth Games athletes Curtis Mathews and Sally Peake.

This is the club's annual opportunity to recognise the achievements of its younger athletes, both individually and teams, and certificates and other awards will be made. Photographs of all recipients will be available.

There will also be entertainment (a magician) and a disco.

Parents and siblings are welcome - at no charge.

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

## [VOTE NOW](http://www.cardiffaac.org/news/votenow.htm) Monday 22 September 2014

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

Several Cardiff members are in line for awards at the European Capital of Sports Awards 2014, to be decided by public voting, with a closing date of  5th October.

There are several categories and those nominated from the club are Daniielle Mill and Hannah Pretty (Community Coaches of the year), David Omoregie (Junior Sports Personality), Aled Sion Davies (Sports Personality) and Curtis Mathews (Student of the Year).

To vote, go to <http://www.nationradio.com/competition_items/european-capital-of-sport-awards/> and follow the instructions.

Cardiff AAC is proud of all these candidates. Daniielle and Hannah have done a fantastic job in leading the creation of the successful Cardiff Athletics Academy while David, Aled and Curtis have distinguished themselves by their athletic performances.   
  
The details of each candidate are as follows:

**Daniielle & Hannah:**

Danielle and Hannah have been members of our club for many years and, over the last couple of years, have taken a huge interest in coaching the future generations, being fully licensed athletics coaches with over 15 years’ experience between them. They have been very involved with the structure of our junior athletics training groups and came up with the idea of setting up an Academy to provide increased opportunities for young people. They pitched the idea to the general committee for authorisation and have for the last two years followed it through to fruition effectively. They manage a team of over 10 assistant coaches providing them with schedules to follow and mentoring the up and coming. In the first term of the academy we had over 150 athletes join us; the second term has now increased to over 200 athletes, so a positive response has been received. Danielle and Hannah also attend club meetings with the club and the Welsh Athletics development officer; this is all in their spare time whilst managing full time jobs and part time study. They always put a lot of time and effort into their coaching. They are valued members of our club and are very passionate about continuing their involvement and enthusiasm to help the club and enable CAAC to continue its success.

**David Omoregie:**

David is one of the brightest talents in Welsh and British Athletics and has made a major break-through this year, setting a British and European Junior Record for the 110m hurdles and winning the bronze medal at the IAAF World Junior Championships in Eugene, Oregon, USA. Even though he is still a junior he is already highly renked in the senior hurdles and can look forward to a glittering career inthe sport. He is coached by Mike Guest.

**Aled Davies:**

Aled is a multi-medallist and record holder at discus in the paralympic sports, having competed at the 2012 London Paralympic Games as well as this year's Commonwealth Games, World and European para-championships. Still young for a discus thrower, Aled can also look forward to many more years of succcess.

**Curtis Mathews:**

Curtis is a decathlete, also coached by Mike Guest, and produced one of the best Welsh peformances at this year's Commonwealth Games in Glasgow. On his way to 10th place and a personal best total score, Curtis achieved a remarkable six individual event personal bests.

Please support all these candidates by voting as soon as possible.

Go to: <http://www.nationradio.com/competition_items/european-capital-of-sport-awards/>

## [Academy off to a flying start](http://www.cardiffaac.org/news/academyofftoaflyingstartx.htm) Tuesday 16 September 2014

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

After an encouraging "test" term in the summer, Cardiff's Academy for young athletes started its first term proper yesterday with a turnout of more than 70, all keen and eager to enjoy athletics.

With more coaches recruited, coaches and athletes enjoyed the late summer weather and the Academy is now fully up and running.

A further big number is expected on Thursday and the Academy can look forward with confidence.

A big thank you must go to Daniielle, Hannah and Lyn, supported by Ann and Ryan, who have put in so much hard work behind the scenes to be ready for the start. Thanks also to the parents who were so patient in the long queues for registration last night.

## [Review of the track season](http://www.cardiffaac.org/news/reviewofthetrackseason.htm) Friday 5 September 2014

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

Cardiff AAC has teams that compete at all ages and both male and female in the most important leagues that give its athletes wide ranging competitive opportunities. As another track and field season comes to an end, it is encouraging to look back at how these teams performed.

Pride of place goes to the UK Women’s Athletic League team which, under new team manager Sharon Heveran, gained promotion to Division One of the league, making it one of the top sixteen clubs in the whole of the UK.

The senior men’s British Athletics League team suffered from athletes understandably wishing to concentrate on seeking selection for the Commonwealth Games and could not manage to hold on to its place in the Premier Division of the top eight British clubs. As with the ladies, Cardiff’s senior men are amongst the best teams in the UK.

The junior teams were experiencing the new format of their UK leagues, now called the UK Youth Development League. In the older group, catering for under-20 and under-17 athletes, the team is in the Midlands Premier Division and, despite a few mid season wobbles, retained its place for next year.

The equivalent team catering for the under-15 and under-13 age groups comfortably retained its place in the Midlands Premier division and narrowly missed a place in the UK national final.

The Welsh Junior League provides valuable competition experience for under-15 aged athletes before they progress to the important UK wide leagues and Cardiff always does well in this. The all-Wales final was held in Newport this year and Cardiff finished in third place. With the inauguration of the club’s successful Academy programme, the future looks bright.

All these teams can be pleased with their performances but let’s not forget the hard working team managers and coaches who encourage these young athletes and ensure that it happens.

Of course, teams are made up of individual athletes and, here again, Cardiff has had a year to be proud of.

The high spot for Welsh athletes was the Commonwealth Games in Glasgow and when the 33-strong team was announced it included 11 athletes who have worn the Cardiff vest.

The individual performance of the season was David Omoregie’s bronze medal in the 110m hurdles at the World Junior Championships in Oregon and this crowned a season when he had also set UK and European best times for his speciality.

David is the latest in a long line of outstanding Cardiff AAC hurdlers, going back to Commonwealth champion Berwyn Price in 1978 and including Colin Jackson, Nigel Walker, Kay Morley, Paul Gray, Matthew Elias and Rhys Williams amongst others.

One of the ways to judge the strength of a club is the number of athletes ranked at the highest level in the UK. For 2014, those included in the top twenty are impressive:-

**Senior Men:**

100m: Dewi Hammond (19th).  
800m: Gareth Warburton (5th); Joe Thomas (7th); Joe Maynard (9th).  
1500m: Tom Marshall (13th).   
3000m: Adam Bitchell (13th).  
5000m: Adam Bitchell (9th).  
10000m: Adam Bitchell (5th)  
3000m Steeplechase: Ieuan Thomas (5th); Jonathan Hopkins (7th).  
110m Hurdles (senior): David Omoregie (4th).  
400m Hurdles: Rhys Williams (2nd); Paul Bennett (14th).  
Shot Put: Ryan Spencer-Jones (3rd); Brett Morse (19th).  
Discus: Brett Morse (1st).  
Hammer: Matthew Richards (17th).  
Javelin: Jason Copsey (14th).

Decathlon: David Guest (6th); Curtis Mathews (9th); Francis Baker (12th).  
4x100m: 17th.

**Senior Women:**

400m: Emma Pullen (20th).  
2000m steeplechase: Emily Brown (8th).  
Pole Vault: Bryony Raine (13th).  
Javelin: Tasia Stevens (20th).

**Under 20 Men:**

100m: Anax da Silva (16th).  
200m: Anax Da Silva (10th).

1500m: Matthew Edwards (19th).  
2000m steeplechase: Ciaran Lewis (19th).

110m Hurdles: David Omoregie (1st).  
400m Hurdles: Ryan Cooper (17th).  
Pole Vault: David Callan (14th)  
Triple Jump: Adrian Lawrence (14th).  
Shot Put: Matthew Field (8th).  
Hammer: Jac Palmer (3rd).  
Javelin: James Williams (20th)

**Under 20 Women:**

200m: Melissa Roberts (16th).  
400m: Melissa Roberts (13th).

Mile: Kate Seary (3rd)  
High Jump: Annabel Curle (8th).  
Javelin: Tasia Stevens (20th).

**Under 17 Men:**

100m: Kristian Jones (18th).  
200m: Kristian Jones (19th).  
400m: Ryan James (4th).  
800m: Jake Heyward (2nd); Hassan Abdi (9th).  
1500m: Jake Heyward (16th).  
100m Hurdles: Harry Hillman (8th).  
400m Hurdles: Ryan James (1st).  
Pole Vault: Ryan Grimwade (13th).  
4x400m: 14th.

**Under 17 Women:**

1500m steeplechase: Emily Griffin (5th).

**Under 15 boys:**800m: James Vincent (14th).  
3000m: Rhys Jones (9th).  
High Jump: James Vincent (11th).  
Shot Put: Thomas Hanson (7th).  
Hammer: Kieran Grimwade (5th).

**Under 15 girls:**

3000m: Annwen Gammon (19th).  
75m Hurdles: Lauren Evans (12th).  
High Jump: Lauren Evans (13th).  
Long Jump: Lauren Evans (6th).  
Shot Put (3kg): Sarah Omoregie (6th).  
Hammer: Ffion Palmer (11th).

Pentathlon: Sarah Omoregie (13th).  
4x300m: 5th.

**Under 13 boys:**

800m: Daniel John (12th).  
High Jump: Adam Mohsin (14th).

**Under 13 girls**:

75m: Issie Tustin (12th).  
150m: Issie Tustin (14th).

Discus: Cassey Grimwade (20th).

 Congratulations to everyone. Now comes a winter of training to do even better next year.

 Good luck.

## [Track re-opens on MONDAY](http://www.cardiffaac.org/news/trackreopensonmondaynext.htm) Friday 5 September 2014

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

This is to confirm that the track and field facilities will re-open for use on Monday next, 8th September and not on Tuesday as previously announced.

Please note that the track lines/hurdle markings have been cut out in areas where repairs have been carried out and may not be re-painted until next Spring.

It is probably too late to get a weather window needed (7 days) to get the lines repainted so this will be programmed in for March/April of next year ready for the competition season.

Users will also note that the track kerbing has been removed to enable the repairs this will be cleaned and re-laid early in the New Year ready for the competition season.

Stadium manager Tony Collins again thanks the club and its members for their cooperation whilst the track has been closed

[**Cardiff at the Inter Regional**](http://www.cardiffaac.org/news/cardiffattheinterregional.htm) **Tuesday 2 September 2014**

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

As another track and field season comes to an end, athletes had a last chance of competition at the Welsh Inter Regional Championships held in Swansea on Sunday last, 31st August.

Cardiff athletes were out representing their respective regions and produced numerous winning performances, including a championship record of 1:55.99 in the under 17 men's 800m by Hassan Abdi.

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

**Senior Men:** Daniel Dell (200m); Charlie Walker (800m); Gage Francis (triple jump); Brett Morse (discus & Shot put); Ryan Leonard (javelin).

**Under 20 men:** Hassan Abdi (800m - CBP).

**Under 15 boys:** Daniel McKerlich (1.5k walk); Thomas Hanson (shot put); Jay Morse (hammer); Joseff Williams (long jump).

**Senior Women:** Kate Seary (1500m).

**Under 17 Women:** Rebecca Kennett (100m); Bethan Register (300m); Angel Powell 1.5k steeplechase).

**The match result was:**

1. West Wales (1086 points)  
2. South Wales (864)  
3. East WAles (720)  
4. North Wales (405)

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/Inter%20regional%202014.pdf)

## [Hywel Williams](http://www.cardiffaac.org/news/hywelwilliams.htm) Monday 1 September 2014

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

Cardiff AAC is sad to learn of the death of life member and former club captain Hywel Williams who passed away on Saturday last, 30th August, after a short illness.

Hywel was one of Wales' leading athletes in his day and went on to become a successful coach and mentor of many Welsh internationals.

The funeral will take place on Monday next, 8th September at 4.00pm at Croesyceiliog Crematorium, Cwmbran.

Welsh statistician and historian Clive Williams writes:

*The athletics fraternity in Wales, and indeed in the UK will be saddened to learn of the death after a short illness on 30th August of Hywel Williams at the age of 85. He spent 22 years serving in the RAF and was a life member of Cardiff AAC. His last of eight RAF postings was at St Athan where he was a Sgt PE Instructor.*

*He was a giant in the sport – both literally and in reality. He was a well-respected senior coach, but his real presence was felt as an athlete, representing Wales in both the 1954 Vancouver and Cardiff 1958 Empire Games, as well as winning the AAA (UK) decathlon title in 1957.*

*Hywel first appeared on the Welsh scene in 1947 when he won the first of his eighteen Glamorgan titles as a 17 year old and was still competing in Cardiff’s British league team a quarter of a century later!*

*He competed in the 1954 and 1958 Empire (now Commonwealth) Games as a discus thrower. But he almost didn’t make it to Vancouver. Although originally selected, he was dropped in favour of 440 yards hurdler Robert Shaw, the eventual bronze medallist, who had started to produce his fine performances after the original team had been announced. Hywel picked up the story in The History of Welsh Athletics: “I received my de-selection notice by telegram on the day I was about to leave Kenya where I was serving with the RAF. I was having none of it and came home anyway, and due to the lobbying of team manager Ted Hopkins with Welsh Empire Games selectors, I was added to the team”. “Anyway”, continued Hywel: “Friends and neighbours in my home village of Llanharan had contributed to a fund to send me to Vancouver, and I couldn’t let them down as they were looking to me to fly the flag for the village”. He eventually finished fifth with 45.18m, the highest position of a Welshman in this event to date, to better his own Welsh record set earlier in the year by 48 cms. And remember, this was 60 years ago this year. That’s how exceptional Hywel was.*

*He set his all-time discus best of 47.50m, the following year whilst still serving with the RAF in Nairobi, which stood as the Welsh record until beaten by Archie Buttriss in 1963. He finished seventh in the discus in the 1958 Cardiff Games with 45.78m and describes his biggest disappointment in athletics as the absence of the decathlon in those 1958 Games, where by now he had become the AAA decathlon champion (1957) also finishing second in 1953 and 1959.*

*Hywel was a remarkably versatile athlete and amongst his other achievements were thirteen Welsh titles in pole vault, shot, discus (seven wins and five seconds) and four decathlon titles, where he held the Welsh record for twelve years with 6259 pts on the 1962 scoring tables until beaten by his pupil, Clive Longe in 1964, and a Welsh pole vault record (with the old aluminium pole) with 3.66m in 1952. He also won eighteen Glamorgan titles, winning five in 1953 alone, and two British vests in 1959. His incredible versatility is further indicated by his second place in the inaugural Welsh 440 yards hurdles championship in 1950.*

*As well as his ability as a performer, he was an excellent coach. In the early 1960s he started talking to a basketball player, one Clive Longe, who was stationed, like Hywel in RAF St. Athan. At that time Longe had never competed in an athletics event. Again, Hywel takes up the story in The History of Welsh Athletics: “I could see immediately that he had the ideal build for a decathlete, and I eventually convinced him that he should start training for the event”. Longe won the Welsh title in 1964 (with Hywel third) and in the same year broke his mentor’s Welsh record with 6342 pts, before going on to win silver in the 1966 Jamaica Commonwealth Games and set sixteen Welsh and eight British decathlon records. Hywel coached many other athletes including the 1964 and 1966 AAA decathlon champion Derek Clarke. He also coached several Welsh stars including three times winner of the Welsh 400m hurdles title, Wynford Leyshon; John Walters, winner of twelve Welsh shot and discus titles; former Welsh team manager Delyth Davies (nee Prothero) who took three Welsh shot and discus titles; Steve Hughes (three Welsh high jump wins); and Gareth Brooks, the first Welsh athlete to better 70m in the javelin in Wales, who won six Welsh championships between 1974 and 1980.*

*The British men’s team manager in Sydney, and RAF colleague Mike Delaney, winner of the 1973, 1974 and 1979 400m titles was also one to benefit from Hywel’s coaching in his early days, along with countless other Welsh and RAF athletes. Hywel didn’t restrict his coaching activities to able bodied track and field however, as he coached the late Chris Hallam the Olympic paralympian, and received the coach of the year award for disabled athletes.*

*Although never a winner of a medal in one of the major global championships, Hywel is one of the all-time greats of Welsh athletics – from a competitive and coaching perspective as well as from a longevity viewpoint.  In 1972 at the age of 42 he was still competing in Cardiff’s British League team, when as their captain he collected the league trophy in the first of their three successive league wins in 1972.*

*Everyone in Welsh athletics send their condolences to his wife Jean whom he met at RAF Bridgenorth, and their sons Gareth, Alun and Jonathon along with their three grandchildren.*

*Hywel was a gentle giant, and the sport of track and field athletics will be poorer for his passing.*

## [ACADEMY - New term](http://www.cardiffaac.org/news/academynewterm.htm) Thursday 28 August 2014

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

The new term for Cardiff AAC's **ACADEMY** for young athletes starts on Monday 15th September and all places neeed to be reserved as soon as possible.

Existing Academy members need to confirm their places and should contact administrator Lyn Davies ([l.davies97@ntlworld.com](mailto:ldavies97@ntlworld.com)) as soon as possible. The term fee needs to be paid at the same time.

**\*\*REGISTER NOW\*\*** as if you miss out your place may be given to one on the waiting list.

## [TRACK CLOSURE - UPDATE](http://www.cardiffaac.org/news/trackclosureupdate.htm) Tuesday 26 August 2014

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

**We have been informed that the track repairs will take longer than expected and that the track and field facilities will be closed from today (26th Agust) until Tuesday 9th September**.

The stadium management apologises for this inconvenience.

The worsening in the weather will not help and, if the situation should change, a further announcement will be made.

## [Aled Davies](http://www.cardiffaac.org/news/aleddavies.htm) Monday 25 August 2014

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

Aled Davies is arguably one of Wales' most successful athletes with a clutch of medals from major international championships to his name; and he is still only 23.

Pictured with Cardiff AAC coach Tim Fry in Swansea, Aled added to his collection last week at the IPC European Championships in Swansea with gold medals in the discus and shot put events. Aled competes in the F42 category.

After winning medals as a junior, Aled struck gold in the 2012 London Paralympics, winning both the discus and shot put competitions. He repeated this in 2013 at the IPC World Championships in Lyon, France and was favourite for the Commonwealth titles in Glasgow but missed out to his rival Dan Greaves, winning the silver medal in the discus. Aled had been honoured with the Welsh team captaincy in Glasgow.

He has already set world records in his two disciplines and can hopefully look forward to more great achievements in the future.

Cardiff AAC is proud that Aled is associated with the club.

Tim was working in Swansea as a volunteer in the technical officials' tent. His role was taking in equipment (racing chairs, starting blocks, seated throwing frames and implements, etc) and signing them in and out.

## [Closure news](http://www.cardiffaac.org/news/closurenews.htm) Thursday 21 August 2014

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

Because of the repairs to the track at Cardiff International Sports Stadium which will be carried out next week, we have been forced to cancel the planned StarTrack Camp that was due to take place.

We apologise to those who had expressed an interest in taking part and hope to organise a new camp next year.

## [Cardiff third in U15 final](http://www.cardiffaac.org/news/cardiffthirdinu15final.htm) Tuesday 19 August 2014

[](http://www.cardiffaac.org/news/cardiffthirdinu15final.htm)

Cardiff's Welsh Athletics under 15 league team finished third in this year's cup final held in Newport on Sunday last, 17th August.

Cardiff had finished second last year but, with a weakened team (especially in the under 11 age group), could not produce a repeat performance despite the good efforts of those who competed.

Swansea Harriers were the champions with Cardiff Archers second.

**The final result was:**

1. Swansea H (1151 points)   
2. Cardiff Archers (1089)   
3. Cardiff AAC (983)   
4. Pembrokeshire H (892)   
5. Carmarthen H (723)   
6. Neath H (636)   
7. Newport H (568)   
8. Menai T & F (446)

**Cardiff's individual event winners were:**  
**Under 11 boys**: Ben Vincent (long jump B).

**Under 13 girls:** Issie Tustin (100m A & 200m A); Sofia Vella (800m A); Cassey Grimwade (javelin B).

**Under 13 boys:** Daniel John (200m A).

**Under 15 girls:** Renee Moore (100m A); Lana Culliford (100m B & 200m B); Jessica Wadey (300m A & 800m B); Annwen Gammon (1500m A); Abi Fisher (1500m B); Megan Hopkins (pole vault A); Ffion Palmer (hammer A); Bethan Gammon (hammer B).

**Under 15 boys:** James Vincent (800m A); Ieuan Jones (800m B); Kieran Grimwade (hammer A); Jay Morse (hammer B); Thomas Britt (javelin B).

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/WA%20U15%20cup%20final%202014.pdf)

**The team managers write as follows:**

***Under 11 Girls/Boys***

*A depleted under 11 team finished the season with the same determination as they have met any other meeting this season. The children turned up with smiles on their faces and ready to wear the vest with pride. There were some great PB’s by Lily Gregson and Trinity Coles along with a valiant effort from Molly McKerlick who filled in for the 800m. Despite this being outside of Molly’s preferred events she persevered to earn the club valuable points.*

*The boys were another seriously depleted team but Ben Vincent and Jakson Dodds’ results in the 150m and Long Jump were the highlights of the day; two names to look for next year as they make the jump to the U13 and I wouldn’t rule out them turning some heads in their first year.*

*Depleted that we were for the final it has been a great season that all athletes should be very proud of, I hope that the athletes have enjoyed the season as I know that I’ve enjoyed managing them.  Thanks to all the parents for supporting the club this season in bringing them to the meetings and cheering for all Cardiff athletes.*

***Under 13 Boys:***

*The great summer of sport continues, and Team GB has won a pot full of medals at the European Championships. There were great performances at the Commonwealth Games and our U13 Boys should be very proud of a very successful season with plenty of outstanding performances along the way in both the WJL and YDL.*

*The boys competed against the best teams in Wales in the Cup Final on Sunday, and amassed a total of 169 points.  They fought for every point; they all tried their very best and finished a very respectable 4th in their age group, contributing immensely to the overall team total.*

*A brief view of the day and some of our athletes:*

*Daniel John, a great all-rounder, has had an amazing season.  He is a cool, focused young athlete who strives to do well in all that he does.  Deservedly he was overall winner of the 200m, grabbing a PB of 26.98, and ran a great race. He also shone in the hurdles, coming 3rd in 14.36, and in the 800m came 2nd again getting a PB with 2.16.*

*Ben Smith, another great middle distance runner, came 3rd in the B 800m race with a time of 2.42.*

*Leo Comanescu, another athlete who has had a very encouraging season, ran in a strong A string 100m race, getting a time of 14.64.  Leo has progressed well with his high jump and cleared 1.35m, coming 2nd in the B jump.  He ran a brave hurdles race with an injury, again picking up crucial points for the team.*

*A big welcome for, and making a debut for the club, is another athlete who shows great potential, Henry Gauntlett.  Henry excelled with the javelin coming 2nd overall with 35.20m.  He also ran well in the 100m, in a time of 14.98.  Henry gained a season’s best of 4.31m in the long jump, finishing 4th*

*Another sprint star, the ever dependable Matthew Register, ran well in the 200m in a time of 30.56*

*Our 1500m runners Rhys Morgan and Eli Scoble ran their socks off!  Rhys came 5th in the A race with 5.22 and Eli came 4th in the B race 5.29.  Good work guys.*

*Adam Mohsin was nearly back to his very best at the high jump, jumping 1.45m and coming 3rd.  He also picked up points in the shot with a throw of 6.49m.*

*Sam Woods, another great jumper, came 2nd in the B competition with 4.04m and I’m sure will have a great season next year when he remains in the U13 age group.*

*Another great team member Caerwyn Phillips stepped forward to take part in the 1k walk….and what a star he was.  He only went and stormed the field and came in 2nd …not bad for his first ever try at this event!  Caerwyn also gained points in discus, coming 6th*

*A special mention goes to Sean Edmiston Lane who picked up crucial points for the team, coming 3rd in the B race. Well done Sean!*

*Tyler Santos has shown great progress this year with his javelin as well as the other throwing events.  In the final he came 2nd in the B competition with a PB throw of 28.59m, also picking up points in the shot.  Tyler is another athlete sure to do well again in this age group next season.*

*Thanks go to our relay team Daniel, Leo, Matthew and especially late replacement Rhys, who all tried their very best in a very strong, fast race.*

***Under 13 Girls:***

*Another great performance was seen by our U13 girls who came 4th in their age group with 177 points.*

*The day started off with Scarlett Russell and Marcy Webbe in the 1k walk, Scarlett was 5th in the A race with Marcy 2nd in the B race.  Thank you girls for stepping up to do this event and earning us valuable points.*

*Issie Tustin had another outstanding day securing maximum points in the 100m A and 200m A bringing home 1st place in both. Marcy Webbe earned valuable points in the B race coming 5th.  Another great performance was seen in the 200m B race by Lilly Gaskin who secured 2nd place with a new PB of 29.69.*

*In the 800m Sofia Vella brought home 1st place and maximum points for the team in the A race with Bethany Gold adding more points with 6th place in the B race.*

*Emily Chirighin had a fantastic race in the 1500m A with 3rd place and a new PB of 5:28. Thanks to Lilly Gaskin for stepping in to do the B race and gaining 5th place for the team.*

*In the 70mH Isobel Owen set a new PB of 15.52 and came 7th in the A race.*

*Sofia Vella took 4th in the A High Jump and thanks to Scarlett Russell who stepped up to do the B event and also came 4th.  Sofia was back gaining valuable points in the Long Jump A, taking 3rd place. Along with her was team-mate Issie Tustin who came 2nd in the B event.*

*In the A Shot Cassey Grimwade gained valuable points for the team and also came 1st in the B Javelin. Emmanuela Kone added more points with 5th place in the B Shot.  Scarlett Russell had a great performance in the Javelin with a new PB of 23.30 and 3rd place in the A event.*

*Our under 13 Girls had a great run in the relay bringing home 3rd place. The team comprised: 1st leg Lilly Gaskin, 2nd leg Sofia Vella, 3rd leg Scarlett Russell and 4th leg Issie Tustin.*

***Under 15 Boys***

*The WJL South East Wales U15 Champions were out in force for the final.  Newport will soon host some of the most important leaders in the world with the NATO summit but, on final day, the U15 Boys’ team showed who the leaders in Wales at this age range are.  Congratulations guys; the results confirm that by getting a total of 253 points, you are the best in Wales!*

*Briefly the day’s report goes like this for this superb team:*

*Kieran Grimwade is a very determined, focused athlete, who is multi-talented and has had a brilliant season.  He continues to shine in all that he does.  Recently taking up pole vault, he follows his brother Ryan, and is excelling already, coming 2nd with a PB of 2.61m.  Even though the javelin competition had near enough finished by the time Kieran got to the event due to delays at the pole vault, he still managed one throw of 34.81m gaining points for the team.  He also won the Hammer with a great throw of 45.86m.*

*Josh Lewis has also had a great track season and progressed well and is one of our top sprinters and hurdlers.  Josh ran 12.83 in the 100m, gained a PB of 25.98 in the 200m and came 4th in Hurdles A race in a time of 13.05.*

*Stephen Rhys Jones, another of our top sprinters, was a busy guy at the final picking up loads of team points.  He ran the 100m in 13.21….then dashed straight over to run the 300m and then completed his day in the 200m with 26.66.  After all that he deservedly departed Newport off on his holidays!*

*Ieuan Jones, a dependable athlete who always gives 110%, ran and picked up points in 300m and went on to blast the opposition and win the 800m B race.*

*James Vincent continues his unbeaten season in the 800m, still featuring high in the UK rankings for 800m, 1500m and high jump.  He won the 800m A race in 2.09, was slightly off his best with his jumping having suffered a recent injury, but still ended 2nd jumping 1.65m.  He also went on to finish 2nd in the B string long jump with 4.99m.*

*Showing great potential is Thomas Britt who will be so strong in this age group next season. In the final Tom finished 3rd in the B Hurdles 13.51 and scored points in javelin with a throw just short of his PB with 31.33m.*

*Two other throwers who again will be in this age group next season are Jay Morse and Thomas Hanson…..and it will certainly take someone very special to compete with these guys next season!  Jay won the B hammer with 29.50m, was 2nd in B shot 9.83m and 3rd in A discus 32.48m.  Tom came 2nd in A shot 12.49, and gained a PB coming 2nd in  B discus.*

*The 1500m was something very special. The ever dependable Rhys Jones ran really well just outside a PB coming 2nd in a strong field with a time of 4.29.  However with the non show of our other 1500m runner 5 minutes prior to the race, another one of our stars who wasn’t expecting to compete at the final stepped forward.  Morgan James, take a bow…. Thankfully he had his spikes in his dad’s car!  Running in 2 vests, his own and another with the competition numbers on it, he strutted up to the start line just as the starter was to fire his gun.  Morgan went on to run a fine B race coming 2nd in 4.58, so close to getting a PB and with not a hint of a warm up! Morgan really enjoyed himself and I am so grateful to him appearing at the right time in the right place.  Thanks to Morgan’s parents also for making this happen for the team.*

*Two of our jumpers still to be mentioned are high jumper Beau Vincent and long jumper Joseff Williams, both great additions to our team this season. Beau continues do well, coming 2nd in the B competition of the high jump with 1.45m.  Joseff also came 2nd in the A long jump with 5.31m, well done guys.*

*Finally our 1K walkers Dan McKerlich and Louie Edmiston Lane both did themselves and the club proud, Dan just missing out in the A race on a photo finish in a time of 5.26.  Louie also came second in the B race.  Thank you to you both for as usual being great team players.*

*The relay team of James, Tom B, Tom H and Josh did really well again in a very strong race, they came in 5th in a time of  50.60*

*It was hard selecting the team for the final as we can only enter 2 athletes per event and we have so much talent to choose from.  However everybody selected that performed showed great spirit, gave 110% and you should all be very proud of yourselves.*

*There are several of our talented U15s that now move up to U17s next season….I’m sure that all of you boys will be welcomed with open arms because you really have the potential to go far; good luck to you all we all will miss you at the WJL fixtures.*

*Some U13s will move up to U15s, again this is very exciting with the amount of talented youngsters that we have.*

*We as Team Managers are proud to have been a small part of such a successful season. Thank you to all athletes, parents, coaches and club officials for being part of this great team.*

*Please be aware that there are open competitions at Newport over the next few weeks and at the Swansea games in September. You will need to enter these competitions yourselves. details are on the organising clubs’ websites.  It would be great to see lots of Cardiff vests at these competitions to finish the season.*

*Also we have the Club Presentation evening to look forward. Further details will be confirmed.*

*Now bring on the mud in the cross country season…….over and out until next season.*

*Mark and Jo Vincent*

***Under 15 Girls :***

*A great performance again from Cardiff’s under 15 girls who took 2nd place for their age group.*

*The day started with the 1K walk and Megan Cole who came 5th in the A stream. Thanks to Meg for stepping up to help with this event and gaining valuable points in the process.*

*Our U15 girl sprinters were back on form with 2 PBs and maximum points for the team in the 100m.  Renee Moore was 1st in the A stream with a PB of 13.13 and Lana Culliford was 1st in the B stream with a PB of 13.18. Lana was also 1st in the B stream 200m. Another consistent performance was seen by Catrin Lord who brought home 2nd in the A stream 200m.  Fantastic performances girls!*

*In the 300m Jess Wadey brought home 1st and maximum points for the team with Caitlin Exton 4th in the B stream. Jess also secured 1st place in the B stream 800m with Caity 3rd in the A stream.*

*Annwen Gammon and Abi Fisher had a great performance in the 1500m gaining maximum points for the team with Annwen 1st in the A team and Abi 1st in the B stream. Great race girls!*

*In the 75mh Megan Hodgson was 4th in the A stream with Catrin Lord 3rd in the B stream. Megan also brought home maximum points in the A stream Pole Vault with a 1st place win and was 5th in the A stream High Jump.  Catrin also came 3rd in the A stream Long Jump with Laura Wright 8th in the B stream.*

*Beth Gammon had a great day with a 5m PB of 26.35 and first place in the B stream Hammer.  Ffion Palmer also gained maximum points and a 1st place win in the A stream.*

*In the Javelin Beth came 4th in the A stream with sister Annwen stepping up to help out in the B stream, Annwen was also 4th.*

*Beth was back in action in the Discus gaining more valuable points and 4th place in the A stream.  Thanks must go to Jess Wadey who having never thrown a discus before stepped in to help out in the B Stream and came 5th – great team spirit Jess!*

*More team effort was seen by our girls in the Shot, normally middle distance/sprinters, Caitlin Exton gained a new PB of 6.86 and 6th place in the A stream with Renee Moore also 6th in the B stream.  Thanks again girls this is what team work is about!*

*One of the highlights of the day goes to the U15G relay team, an outstanding performance and 1st place was achieved by: Renee Moore 1st leg, Caitlin Exton 2nd, Lana Culliford 3rd and Catrin Lord 4th – all four girls won their legs.  Fab race girls and great end to another successful season by our Cardiff athletes.*

*On a personal note I would like to thank all those who have helped to make my job run smoothly over the 3yrs I have been team managing, namely Rory McKerlich, Roger Grindle, Lisa Grimwade, Steve Lord, Jen Stone and all the other officials and parents who have consistently come forward to help out at the matches throughout the season.  If the new team manager needs any help in the run up to the first match next season drop me an email.  I now leave you in the capable hands of Mark Vincent and Huw Phillips and wish you all the very best for next year.*

*Best Wishes*

*Linda*

**The club's and the athletes' thanks must also go to the team managers who work so hard to organise and support these teams.**

## [TRACK CLOSURE DELAYED](http://www.cardiffaac.org/news/trackclosurexx.htm) Wednesday 13 August 2014

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

Please note the closure of the track at Cardiff International Sports Stadium, Leckwith for essential maintenance and repair work will be from Monday 25th August to Sunday 31st August and not as previously announced.

The closure will mean that there is no access to the track area and inner field facilities, although the remainder of the facility will remain open as usual.

## [Mixed fortunes](http://www.cardiffaac.org/news/mixedfortunes.htm) Sunday 10 August 2014

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

A heavily depleted senior men's team contested the fourth and final round of the British Athletics League series in Manchester yesterday but, despite the valiant efforts of those who were there, could not match the opposition and ended the match in eighth place.

In a fine example of team spirit, Brett Morse was Cardiff's only individual event winner, taking the discus with 61.38m, but also stepping in to contest both the shot put and hammer events.

After placing a magnificent second in the first round in Cardiff, the team slipped to fourth, eighth and eighth, finishing the season in overall seventh place in the premiership and moving back down to Division one for next year.

Team manager Tim Fry was very disappointed with the result but when we consider the long list of absentees (which included Dewi Hammond, Sam Gordon, David Omoregie, Curtis Mathews, David Guest, Matthew Richards, Gareth Warburton, Rhys Williams, Tom Marshall, Mike Ward, Emyr Jones, Fran Baker ....) it is clear that the club has the potential to put out a team that could match any in Britain. The pressure of potential selection for this year's Commonwealth Games undoubtedly affected availability and, hopefully, next year will be different. Let's hope so.  
  
The results from yesterday's match can be viewed [**HERE.**](http://www.cardiffaac.org/files/BAL%204%20Manchester%202014.pdf)

**The match score was:**  
  
1. City of Manchester AC (376 points)  
2. Shaftesbury Barnett H (319)  
3. Birchfield Harriers (278)  
4. Enfield & Haringey AC (272)  
5. City of Sheffield AC (268)  
6. Newham & Essex Beagles AC (266)  
7. City of Liverpool (227)  
8. Cardiff AAC (189)

**The final league positions were:**  
  
1. City of Manchester AC (29 points)  
2. Shaftesbury Barnett H (26)  
3. City of Sheffield H (17)  
4. Birchfield H (16)  
5. Newham & Essex Beagles AC (15)  
6. Enfield & Haringey AC (15)  
7. Cardiff AAC (14)  
8. City of Liverpool (12)

Meanwhile, at the Celtic Games in Dublin, Cardiff athletes contributed three event winners to Wales' second place in the match.

Sarah Omoregie won the under 16 girls' shot put with a personal best throw of 12.05m while Ryan James won the under 18 men's 400m hurdles and Ciaran Lewis the under 18 men's 2000m steeplechase.

Charlie Pegrum equalled his personal best of 1.80m in third place in the under 16 boys' high jump.

The Celtic Games results can be seen [**HERE.**](http://www.cardiffaac.org/files/Celtic%20Games%20Results%202014.pdf)

## [Off to Dublin](http://www.cardiffaac.org/news/offtodublin.htm) Friday 8 August 2014

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

The Welsh team set off today for Dublin to take part in tomorrow's annual Celtic Games international between Wales, Scotland and Ireland Athletics.  
  
The under 16 and under 18 teams (men and women) include ten Cardiff AAC athletes.

The match will be held at the Morton Stadium, Santry.

**Cardiff's representatives in the team are:**

**Under 18 men:** Kris Jones (100m); Jake Heyward (800m); Ciaran Lewis (2000m steeplechase); Ryan James (400m hurdles); Ryan Grimwade (pole vault).

**Under 18 women:** Melissa Roberts (400m); Niamh Galton (high jump).

**Under 16 boys:** Charlie Pegrum (high jump).

**Under 16 girls:** Lauren Evans (long jump); Sarah Omoregie (shot put).

## [Junior medals in Swansea](http://www.cardiffaac.org/news/juniormedalsinswansea.htm) Monday 4 August 2014

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

Cardiff athletes returned from Swansea yesterday, 3rd August, with a fine collection of medals from the Welsh under 13 and under 15 championships.

Pride of place went to Kieran Grimwade (14) who took gold in the under 15 hammer and javelin as well as bronze in the pole vault. Issie Tustin won both the 100m and 200m in the under 13 age group whilst Henry Gauntlett set a new championship record in winning the under 13 boys' javelin.

**Cardiff's medallists were:**

**Under 13 boys:**   
Gold: Henry Gauntlett (javelin); Adam Mohsin (high jump - equal first).

**Under 13 girls:**   
Gold: Issie Tustin (100m & 200m); Sofia Vella (800m).  
Bronze: Sofia Vella (high jump); Cassie Grimwade (discus); Scarlett Russell (javelin).

**Under 15 boys:**   
Gold: Thomas Hanson (shot put); Kieran Grimwade (hammer & javelin).  
Bronze: Ieuan Jones (800m); Kieran Grimwade (pole vault); Jay Morse (discus & hammer).

**Under 15 girls:**   
Gold: Laren Evans (long jump); Ffion Palmer (hammer).  
Silver: Naomi Reid (800m); Annwen Gammon (1500m); Lauren Evans (75m hurdles); Elen Evans (hammer).

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/Welsh%20U15%20U13%20champs%202014.pdf)

## [Fifth for Brett](http://www.cardiffaac.org/news/fifthforbrett.htm) Friday 1 August 2014

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

Cardiff's Brett Morse just missed out on a medal, finishing in fifth place at the Commonwealth Games yesterday, 31st July.

Competing in awful conditions (cold with continuous heavy rain), Brett was in fourth place after four rounds with a throw of 60.48m but slipped to fifth at the end.

Brett will be disappointed not to have clinched a medal but should be satisfied with his performance in the conditions.

Cardiff's Adam Bitchell goes in the 10,000m final tonight but will face stiff opposition from the Africans.

## [Decathletes excel](http://www.cardiffaac.org/news/decathletesexcel.htm) Tuesday 29 July 2014

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

Cardiff's Curtis Mathews, along with David Guest, completed their decathlons in style at the Commonwealth Games today.

Curtis produced no less than six individual event personal bests (100m, shot put, 110mH, discus, pole vault and javelin) on the way to his best ever total score of 7,422 points while David produced a season's best score of 7,516 which included a personal best discus throw of 51.93m.

David finished in 8th place with Curtis 10th. Fellow Welsh decathlete Ben Gregory was 6th.

Curtis' individual event performances were: 100m - 11.03; long jump - 7.20m; shot put - 13.53m; high jump - 1.84m; 400m - 50.94; 110m hurdles - 14.88; discus - 47.85m; pole vault - 4.30m; javelin - 52.09m; 1500m - 4:59.72.

His total score of 7,422 is also a club record.

David's performances were: 100m - 10.95; long jump - 7.01m; shot put - 12.43m; high jump - 1.87m; 400m - 48.08; 110m hurdles - 14.70; discus - 43.14m; pole vault - 4.50m; javelin - 51.93m; 1500m - 4:51.23.

Cardiff's Joe Thomas had a torrid time at the finish of his heat of a tactical 800m, being barged off the track by Andrew Osagie as Joe was about to overtake him on the inside. Osagie was, rightly, disqualified and Joe went through to the semi final as an automatic qualifier in third place.

## [Juniors pull it off](http://www.cardiffaac.org/news/juniorspullitoff.htm) Monday 28 July 2014

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

Cardiff's UK Youth Development League (upper age group) showed what it was capable of in Plymouth yesterday, Sunday 27th July, by coming second in the final round of this year's series and securing its position again in next year's Midlands Premier Division.

The club had finished sixth, fifth and third in the first three matches and, with athletes again demonstrating excellent team spirit in unfamiliar events, the points mounted up through the afternoon. Amongst numerous Cardiff winners, talented Ryan Grimwade produced a big personal best of 4.03m in the pole vault and Jake Heyward just missed a four minute break through, setting a personal best of 4:00.44 in the 1500m. Ryan James scored triple wins in the 100m, 400m and 400mH.

At least 14 personal bests were recorded during the day and a fantastic team contribution by the girls helped the club to achieve the kind of results which have eluded it this year. Five under 20s completed 22 events between them with Lara Durrani and Anna Morris returning to the action for their last YDL appearances. A number of the under 17s stepped out of their comfort zones to compete in the upper age group (eg Gwenno Waddington and Bethan Evans in the 400m after their 800m) and, of the many pb's, Ceri Jones (javelin and Discus) needs a mention as does the dominance of ALL the relay runners at the end of a BRILLIANT day for Cardiff AAC.

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

**Under 20 men:** Jacob Preece (400m B); Matthew Edwards (800A & 3000mA); Luke Harry (400m H B); Sam Longville (2000m s/c A); Ieuan Jones (2000m s/c B); Gage Francis (triple jump A); Tom Trotman (triple jump B); David Callan (pole vault A); Rhodri Davies (pole vault B).

**Under 17 men:** Ryan James (100m A & 400m A & 400m H A); Jake Heyward (1500m A); Alex Love (1500m B); Aeron Evans (1500m s/c B); Charlie Pegrum (high jump A); Ryan Grimwade (pole vault)

**Under 20 women:** Melissa Roberts (100m A & 200m A); Kate Seary (1500m A); Claire Taylor (long jump A).

**Under 17 women:** Georgia Cole (1500m A).

**The match result was:**

1. Team DC (711.5 points)  
2. Cardiff AAC (615)  
3. Marshall Milton Keynes (591.5)  
4. Wolverhampton & Bilston AC (497)  
5. Cheltenham & County AC (301)  
6. City of Stoke AC (262)  
  
**The final league positions are:**

1. Team DC (23)  
2. Marshall Milton Keynes AC (20)  
3. Wolverhampton & Bilston AC (15)  
4. Cardiff AAC (11)  
5. Cheltenham & County AC (9)  
6. City of Stoke AC (6)

Team mager Deddie Bull writes, *"I was very proud of the team today, they all gave their best and even though some efforts were not as well rewarded as they had hoped, they all bounced back and learnt from it.*

*I will be sad to leave the team for the next few seasons, but I have a couple of priorities I need to reassess for a while. I would like to wish all the athletes the very best for the future and will be keeping an eye on them from afar although I hope to see some of them at International matches. Well done guys, gals and all the officials and parents who have supported us this season. Thank you."*

We aso have to say a huge thank you to Debbie who has loyally support this team (and its predecessor in the National Junior League) for many years. The athletes and the club owe her a big debt of gratitude.

Andrew Seary has also earned our thanks as the team manager of the girls' section of the team and especially so for his contribution yesterday. After travelling all the way to Plymouth with the team Andrew would have got back to Cardiff late on Sunday evening only to have to rush home and then, with his family, catch the 11.45 overnight bus from Cardiff to Glasgow to watch the Commonwealth Games. How many others would have done this? Thank you Andrew.

The full results from yesterday's match in Plymouth can be seen [**HERE.**](http://www.cardiffaac.org/files/UK%20YDL%20U%20July%2027%202014.pdf)

## [Bronze for David](http://www.cardiffaac.org/news/safelythrough.htm) Friday 25 July 2014

## 

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

Cardiff's David Omoregie returns home from the World Junior Championships with a bronze medal in the 110m hurdles.

In an enthralling final, Frenchman Wilhem Belocian displayed superior hurdling skills to win in a new junior world record time of 12.99 seconds, with Jamaican Tyler Mason second in a personal best time of 13.06 and David third in 13.35.

A medal in his first world championship is a great performance by David.

After the race he said that "It wasn't a good race technically (he clattered eight of the ten hurdles!) but to come away with a medal I'm still happy with that".

Both David Omoregie and hs great rival Wilhem Belocian had qualified comfortably for the final, winning their respective heats and semi finals with ease and the final was expected to be a show down between the two. They both got away to good starts in the final but Tyler Mason ran the race of his life (his pb coming to the championships was 13.25) to take the silver.

Well done David.

## [Juniors retain position](http://www.cardiffaac.org/news/juniorsretainposition.htm) Wednesday 23 July 2014

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

Cardiff's UK Development League (lower age group) finished its season at Rugby on Saturday last, 19th July, once again finishing in fourth place on the day and fourth over the series.

With several good performances, the team maintains its place in the Midlands Premier Division and will be hoping for a stronger result next year.

**Individual event winners for Cardiff were:**

**Under 15 girls:** Renee Moore (100m B); Jessica Wadey (800m B); Annwen Gammon (1500m A); Abigail Fisher (1500m B); Ffion Palmer (hammer A); Ellen Evans (hammer B).

**Under 13 girls:** Cassey Grimwade (javelin B).

**Under 15 boys:** James Vincent (800m A); Ieuan Jones (800m B); Kieran Grimwade (hammer A); Jay Morse (hammer B).

**The match result was:**  
  
1.  Swansea H (524.5 points)  
2.  Rugby & Northants AC (519.5)  
3.  Birchfield H (498)  
4.  Cardiff AAC (432)  
5.  Charnwood AC (353.5)  
6.  Solihull & Smallheath AC (297.5)

**The final league positions are:**

1.  Swansea H (24 points)  
2.  Rugby & Northants AC (19)  
3.  Birchfield H (15)  
4.  Cardiff AAC (14)  
5.  Charnwood AC (8)  
6.  Solihull & Smallheath AC (4)

The full results from Rugby can be viewed [**HERE.**](http://www.cardiffaac.org/files/UKYDL%20lower%2019%20July%202014.pdf)

## [Ryan goes top](http://www.cardiffaac.org/news/ryangoestop.htm) Saturday 19 July 2014

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

Cardiff's Ryan James got the Welsh team off to a great start in the SIAB Schools international held at Cardiff International Sports Stadium today by winning the opening track event, the 400m hurdles.

In a very close, fighting finish Ryan was timed at a superb 53.45 which not only smashed his personal best by over two seconds but saw him shoot up the UK under 17 rankings from seventh to first place.

Ryan's primary coach is former international sprinter Helen James while Steven Boyles advises on his hurdling technique.

The next boys' track event saw the Welsh schools' team gain silver and bronze medals in the 800m through Cardiff's Jake Heyward (second in 1:53.01 and Hassan Abdi (third in a big personal best of 1:54.21). His time takes Hassan to 9th on the UK under 17 rankings where Jake (still only 15) is already ranked second.

There were plenty of other Cardiff athletes in the Welsh team but the only other winner was Emily Griffin who had a clear victory in the 1500m steeplechase in 5:12.22. Emily broke her own club record by 9 seconds and the Welsh record by 2.5 seconds. Her time ranks her 4th in the UK and 11th in the all time UK performances, one place behind Eilish McColgan. Emily is only just 15 and will be able to compete next year.

This was the first time that this event was held in this international and was therefore non-scoring.



The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/SIAB%202014.pdf)

**Cardiff's athletes' performances were:**

**Boys:** Kristian Jones (100m - 4th; 200m - 4th); Jake Heyward (800m - 2nd); Hassan Abdi (800m - 3rd); Harry Hillman (100m hurdles - 4th); Ryan James (400m hurdles - 1st); Tom Trottman (high jump - 6th); Ryan Grimwade (pole vault - 4th); Rhodri Davies (pole vault - 6th).

**Girls:** Rebecca Kennett (100m - 8th); Emily Griffin (1500m s/c - 1st); Angel Powell (1500m s/c - 6th); Bethan Evans (1500m - 6th); Bethan Register (200m - 8th); Niamh Galton (high jump - 7th); Lauren Evans (long jump - 7th); Sarah Omoregie (shot put - 8th).

**Elsewhere, at the British Milers Club meeting in Oxford, Kate Seary set a new personal best of 2:12.34 for 800m and Jonathan Hopkins set a new personal best of 14:16.38 for 5000m.**

## [Tribute to Christian](http://www.cardiffaac.org/news/tributetochristian.htm) Thursday 17 July 2014

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

Cardiff’s Christian Malcolm finally hung up his spikes at the Welsh Athletics International on Wednesday evening, 15th July, running his favourite first leg of the Welsh team’s 4 x 100m relay.

His final appearance, at the Cardiff International Stadium, was greeted warmly by appreciative spectators and fellow athletes and his speech afterwards was received with a prolonged applause.

Christian has certainly been Wales most successful ever sprinter and his tally of medals and appearances at major championships speaks for itself.

**1997 (aged 18):**

European Junior Championships         200m       Gold

European Junior Championships         100m       Silver

European Junior Championships         4x100m    Gold

**1998:**

World Junior Championships               100m       Gold

World Junior Championships               200m       Gold

Commonwealth Games                      200m       Silver

**1999:**

European U23 Championships            200m       Silver

European U23 Championships            100m       Bronze

European U23 Championships            4x100m    Gold

**2000:**

European Indoor Championships        200m        Gold

**2001:**

World Indoor Championships             200m        Silver

**2005:**

World Championships                        4x100m    Bronze

**2007:**

World Championships                        4x100m    Bronze

**2010:**

European Championships                   200m       Silver

Commonwealth Games                      200m       Bronze

Christian competed in four Olympic Games, finishing 5th in 2000 and again in 2008 and making the semi final in 2012. His most anguished occasion will have been falling ill and unable to take his regular first leg place in Great Britain’s gold medal winning sprint relay team at the 2004 Olympic Games. He had established himself as an ever-present relay runner and would certainly have earned his Olympic gold had he been well.

He has competed in four Commonwealth Games and, had persistent injury not hampered his preparation, would surely have been going to Glasgow for what would have been a record breaking fifth Games.

Christian has ended his career with best times of 20.08 for 200m and 10.11 (10.08w) for the 100m. He has also clocked 6.64 for the 60m indoors and 49.64 for the 400m (he only ever ran it the once).

Christian was a talented all-round sportsman as a young boy until his athletic talent was spotted by coach Jock Anderson, who steered him to all his early successes. With older cousin Kevin Williams (himself an international sprinter), Christian joined Cardiff AAC as a teenager and became one of the club’s most popular athletes. Older members will remember him as a quiet and studious 16 year old who would sit alone at a table after training and, within what would seem to be seconds, be joined by a group of admiring girls.

As he said on Tuesday night,

*“My mother used to walk an hour to the track with me in the early days because we didn’t have transport and it was Jock Anderson, the coach I always call ‘the mad Scotsman’ who convinced me to throw in my lot with athletics at the age of 16. He convinced me that if I worked hard I could go all the way to the top. I’m glad I listened to him!”*

Christian has always been a great supporter of the club, wearing the Cardiff vest and competing in the British League team whenever his international commitments allowed and setting a fine example to the younger athletes coming along behind him.

We are very proud that Christian was, and is, a Cardiff AAC member and wish him and his family every success in his life ahead. Naturally, if he felt inclined to put his spikes back on, he would be sure of a welcome back.

He has recently been elected to the board of directors of Welsh Athletics where hopefully he can put his extensive knowledge and experience of athletics to the benefit of the sport in Wales.

Thank you Christian and good luck in the future.

## [Euro disappointments](http://www.cardiffaac.org/news/eurodisappointments.htm) Wednesday 16 July 2014

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

Despite believing that they had done enough to warrant selection, neither Brett Morse nor Rhys Williams has been included in the Great Britain team for the European Championships to be held in Zurich in August.

Brett had achieved the qualifying distance of 63m in the discus at a specially arranged competition in Cardiff on Saturday but the selectors apparently decided that the competition did not have the appropriate permit and that Brett's performance could not count.

Rhys's situation was different as, although he had achieved the qualifying time in the 400m hurdles, he had missed out on first or second place at the official trials (which would have given him an automatic place in the team). The selectors opted to give the third place in the team to Swansea's Dai Greene.

It is understood that Geene was chosen on the grounds of his believed greater potential to achieve a medal at the European and future Championships but that if he should withdraw from the team for any reason his place will go to Rhys.

Brett and Rhys have, of course, both been selected for the Welsh Commonwealth Games team and must now concentrate on proving themselves in Glasgow.

Cardiff AAC commiserates with both of them and wishes them every success in Glasgow.

## [Juniors in final](http://www.cardiffaac.org/news/juniorsinfinal.htm) Wednesday 16 July 2014

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

Cardiff's Welsh Junior League team has, once again, qualified for the Welsh Final to be held in Brecon on 17th August by finishing in overall second place in the East division.

At the fourth and final round of the series, held in Newport on Sunday last, 14th July, the under 15 boys and girls both won, with the boys taking the league title overall.

**The final league positions, taking in all three age groups, was:**  
  
1. Cardiff Archers (36 league points / 6063 match points)  
2. Cardiff AAC (32 / 5274)  
3. Newport H (28 / 3933)  
4. Cwmbran H (23 / 2646)  
5. Blaenavon Gwent AC (19 / 2501)  
6. Hereford & County AC (18 / 2488)  
7. Rhondda AC (12 / 1254)  
8. Aberdare Valley AC (8 / 976)

The first three clubs qualify for the final.

The full results from Newport can be viewed [**HERE.**](http://www.cardiffaac.org/files/WJL%2013%20July%2014.pdf)

Congratulation to all the athletes, team managers, officials, parents and others who have supported this team.



The team managers are especially proud of the team as can be seen in their report, as follows:

*"The fourth match of the Welsh Junior under 15 League - East Division was held again at Newport Stadium. The weather was bright and sunny although a bit on the muggy side. 438 Athletes took part, 108 athletes being from Cardiff AAC – the best turn out this season.*

***Under 11 Girls***

*Another fantastic performance in Newport where our Under 11’s show our quality over the quantity. The girls have got better and better every time and this meeting was no exception, with some great performances including Megan Hastings taking 2nd in the shot put having never held a shot put before! Trinity Coles also performed really well in the shot and javelin taking 7th and 8th respectively. Lily Gregson achieved a PB in the long jump to take valuable points for the team and a great debut performance by Abi Gibson allowed us to compete in all events and even have two relay teams with Molly Mckelerick, Catrin Hocking, Sara John and Ellen James.*

***Under 11 Boys***

*Following on from the superb winning performance at Newport in June the boys once again led the way, unfortunately not taking the overall win but winning 4 out of 7 events. Luca Logue-Fonseca once again won the 75m, 150m and Long Jump, James Brindle once again won the shot put - meaning that he has won every shot put event in the WJL this season - but remarkably entered the long jump for the first time and jumped 3:96 on his debut. Only Luca jumped further with 4:02. Ben Vincent was another strong performer with 6th and 5th in the two sprint events and 3rd in the long jump. This meant that we had an amazing 1,2,3 in the long jump; once again, quality against quantity, The relay was another close event with Cardiff taking 3rd after a great performance by Harvey Powell and Henry Spencer supporting Ben and Luca.*

*Bring on the final!*

***Under 13 Girls:***

*Firstly Iet’s extend a warm welcome to new comers Lily Gaskin and Isobel Owen, this being their first performances for the team; well done girls.*

*Our Under 13 girls brought home second place again for the team, with notable performances as follows:*

*Issy Tustin was in consistent form with first places in both the 100m and 200m - great performances Issy! New comer Lily Gaskin also picked up valuable points in the 200m coming 4th.  In the 1500m Sofia Vella and Emily Chirighin gained maximum points with 1st and 2nd places respectively, both gaining a Grade 4 standard in the process.   Sofia also had an outstanding performance in the High Jump winning the competition with a Grade 1 jump of 1.40m. Also in the High Jump, Catrin Jones achieved 3rd place and more valuable points for the team with a Grade 3 jump of 1.35m.  Catrin also had a great performance in the 1K walk coming home in first place.  Cassey Grimwade was back in action winning the Javelin with a Grade 3 throw of 19.97m, along with Scarlett Russell who made it maximum points for the team, coming 2nd with another great Grade 3 throw of 19.39m. Cassey also picked up 3rd place in the discus with a Grade 4 throw of 16.58m.*

*Other points scorers for the team were - 100m: Marcy Webbe (12), 800m: Bethan Elin Evans (8th), Elin Vaughan Williams (9th) 70mh: Isobel Owen (9th), LJ: Sofia Vella (5th) 4.06 (G4) Catrin Jones (9th), Shot: Cassey Grimwade (4th) 6.51 (G4), Emily Chirighin (13th), Discus: Emmanuella Kone (11th).*

*The U13G relay team did well to bring home 2nd place and more valuable points.  The team consisted of: Marcy Webbe, Sofia Vella, Scarlett Russell and Issie Tustin.*

***Under 13 Boys:***

*With the Commonwealth Games just around the corner it’s great to see that we have young athletes who have the potential to go all the way and follow their dreams in the future.*

*At this the final fixture of the WJL, our U13 boys’ team amassed a total of 250 points.  This confirms that they finished a fine 2nd in this league in their age group.*

*Highlights of the day were as follows:*

*I need to start with Jonathan Gibson who really stood out with a triple personal best performance. We know we can depend on Jonathan with his jumping, first in High Jump with 1.45m (G1) (great celebration too!) and first in long jump 4.83m (G1). Jonathan also stormed to a great time of 28.66 (G4) winning his heat in the 200m, coming 4th overall.  Once again there was a number of standout performances with PB’s being smashed on track and field. Another outstanding athlete was Leo Comanescu getting a double PB with 14.25 in the 100m for 4th and 1.38m in high jump for 2nd.  Other stars in the sprints picking up points were, in the 100m, Louis Spencer (10th in 14.44) and Daniel John winning his heat, ending up 5th in 28.68 (G4). Dan continued his great form in the 800m, coming 2nd with 2.20 (G1). Louis Spencer also ran a great race ending up 4th with 2.34.  Multi talented Daniel also gained points in the hurdles coming 3rd 13.92 (G3). In the 1500m our middle distance stars again impressed. Rhys Morgan came 4th 5.14 (G4) and Ben Stephen Smith 7th with a time of 5.33.*

*Great again to see a valuable team member Sean Edmiston Lane taking part in the 1k walk and picking up crucial points for the team; thanks Sean!*

*Sam Woods, even though injured, turned up to gain team points in the long jump with 4.09m (G4)…well done Sam!*

*Tyler Santos’ first season in the throwing events continues to improve and is another one of our stars with loads of potential. He gained a PB with his nice new javelin (see, it was worth it mum!) coming 3rd 28.20 (G2). Tyler also gaining crucial points in the Discus and Shot. Other point scorers for the throwing events were Louis Spencer’s 7th in Shot with a PB of 5.30m and Ben Stephen Smith in the javelin.*

*Finally, our scoring relay team featuring Daniel John, Louis Spencer, Leo Comanescu and Carwyn Hastings ran a  great race finishing 3rd.  Well done to our members of the guest team - brothers Ben and Iwan Smith, Harry Owen and Jonathan Gibson - who came 5th.*

*Special mention and a warm welcome to Harry Owen who made his debut for the club, we really look forward to seeing you in the future.*

***Under 15 Girls :***

*A great performance from Cardiff’s under 15 girls who took 1st place for their age group. A Special welcome to newcomers to the team: Elliza Hill and Rachel Phelps.*

*Notable performances were as follows:*

*Caitlin Exton brought home maximum points with 1st place in the 300m and 3rd place in the 800m despite being under par on the day; thanks for competing for the team Caitlin. However, it was Annwen Gammon who stole the show in the unfamiliar setting of 800m, taking 1st place for the team and a G2 time of 25.60. Well done Annwen; great run. Another great performance came from Kiara Frizelle who took 2nd place in the 1500m.  A very consistent performance was seen from Lauren Evans who took a double first in the 75mh and Long Jump with in G1 performance in both events. Catrin Lord also took 3rd place in the LJ with a G4 jump of 4.63m. In the Pole Vault Megan Hodgson came 2nd with Lois Hillman in 3rd place, both with G4 performances. Our throwers continued with some excellent performances with Beth Gammon taking 1st in the Discus with a G2 throw of 26.19m and Elen Evans taking 3rd with a G4 throw of 20.87m. Thea Willis took 2nd in the shot with a G3 throw of 8.98m.*

*Other valuable point scorers for the club were: 100m: Renee Moore (6th) G4 – 13.33, Lana Culliford (7th) G4 – 13.46. Sadly Lana was nursing a knee injury and had to drop out of her other events.  Thank you for finishing the 100 and gaining us points. Hope you are back on form very soon. 200m: Catrin Lord (4th) G3 27.21 – (thanks to Catrin who was under par on the day but continued for the team), Renee Moore (5th), 300m: Brogan Haggett (5th), 75mh:  Catrin Lord (7th) G4 13.00, 1500m: Megan Bowen (6th), HJ: Megan Hodgson (4th) Seren Rowley (11th) Shot: Elen Evans (7th) Javellin: Thea Willis (6th) G3 -24.15, Beth Gammon (8th).*

*Well done to our U15G relay teams: The A team was 1st: Lauren Evans, Renee Moore, Caitlin Exton and Catrin Lord. The B Team was 3rd: Annwen Gammon, Emma Hocking, Silva Brindle and Jess Wadey.*

***Under 15 Boys***

*Germany were the deserved winners of the World Cup. However, more importantly, our U15 Boys’ team deserved to win their league this season in our area of the WJL, with no need for extra time or penalties! Yes, we are The Champions guys!*

*Our quality through the season in this team has shone through and has shown that it’s not quantity but quality that gets results.*

*On a day where we were a little under strength, notable performances were as follows.*

*Our sprinters go from strength to strength. In the 100m Richard Lee had a PB of 12.09 (G3) and came 4th. Josh Lewis was close behind with 12.76 in 7th. Richard again was the main point scorer in 200m with another PB 24.85 (G4) for 4th. Also point scoring in 200m was another of our sprint stars Stephen Rhys Jones with 25.82. Stephen’s engine kept going, running well in the 300m with a time of 41.43.*

*James Vincent in unfamiliar territory ran personal best times in the 200m and amazingly came 3rd in the 300m with 40.46. James, slightly off his best with his jumping, still won the high jump with a 1.65m jump.*

*Another Vincent that made his debut for the club in superb style was Beau Vincent. Beau, another fine high jumper, got a great pb of 1.50m coming 3rd. Beau also went on to do well and score team points with fine displays in hurdles and long jump. Welcome Beau - what a great prospect for the future!*

*Sprinter Josh Lewis smashed his PB for the hurdles and seemed to be a very happy chappy! Well done Josh - great time of 12.74 (G3) coming 2nd overall.*

*Benji Edwards, a great cross country and 1500m runner, felt like a different challenge and in the 800m clocked a great time of 2.17 (G4) coming 4th.Another reliable athlete who always gives 110%, Alfie Davies, also ran a great 800m and deservedly got a PB at 2.21, coming 6th.*

*With quite a few of our usual 1500m not competing we had complete faith with the boys that took part and they did us proud. We had 5 of the top 6 in this race. Congratulations to the winner and making another debut, Antonio Peacock, with 4.51. We must also congratulate Callum Stone our other point scorer in 2nd gaining a PB at 5 mins. We then had Morgan James 4th (very nearly 3rd!), Josh Whiston 5th and Callum Russell 6th…..well done guys; wonderful to see so many blue vests doing so well in that race.*

*Our recently crowned Welsh Schools Champion Walker Daniel McKerlich made it look so easy in the first event of the day. He really did look amazing, winning the race at least a minute before the second finisher, Dan your place is booked for the Final! Special thanks again to Louie Edmiston Lane for taking part and gaining valuable points .*

*Another special mention and welcome to Pwyll Brynach, a member of our Academy who I’m sure will gain great confidence as time goes on competing in these fixtures .Well done Pwyll for helping your team point scoring in Long Jump and also for taking part in the 300m.*

*Ok and now for the bit that never seems to change (thankfully!)….our amazing U15 throwers!!*

*Surprise surprise…., Jay Morse won the discus with a great G2 throw of 35.03m. Brett, he is catching you up! Jay also came second in the hammer with 23.29m and also second in the shot (G4). Amazingly Jay still has another year in the U15 age group….yippee!*

*Another athlete with another year still left at U15s is Thomas Hanson. Wow what a season Tom is having, winning shot with G1 throw of 13.04m. Tom also got PB’s in discus where he was 3rd with a pb of 24m and javelin - 2nd with G3 throw of 30.52m. Well done Tom and it’s great to still have you as part of the relay team.*

*All-rounder Kieran Grimwade continues to amaze. He really will have a go at anything and usually does very well. This time it was great to have him as a point scorer for the Pole vault as well as the usual double wins in Javelin 37.30m (G1) and  Hammer G2 45.75m.*

*Another highlight of the day was the blistering pace of the relay team.*

*They stormed to second place with Richard Lee, Tom Hanson, Stephen Rhys Jones and Josh Lewis providing a great end to the day.  Thanks to the guest team as well for competing, with Dan, Cameron and Alfie stepping forward at the last minute to form a team with James.*

*Cameron Pamment also needs a special mention as he turned up even though injured and took part. Thanks Cameron for your efforts through the season and for being a member of our team.*

*As usual we are grateful to all that took part. Even if you are not mentioned in this report you are still very special to this team; keep going guys you all are amazing.*

*We are so proud to have managed this team to victory and each and every one of you should be as proud as you have all added to this wonderful team. Each and every point gained over the four fixtures has been so very important as the final result shows.*

*Thanks as always for the support and enthusiasm from the side lines; it’s been such a great TEAM effort.*

*We also wish to thank our officials and parent helpers for their continued support.  Well done to all our amazing athletes for getting us through to the final on the 17th August. Look forward to our final competition of the season."*

*Linda, Mark/Jo and Huw.*

## [Weekend action](http://www.cardiffaac.org/news/weekendaction.htm) Monday 14 July 2014

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

Ciaran Lewis's Great Britain debut saw him finish 16th out of 45 at the European junior mountain running championships in Gap, France on Saturday last, 12th July. Ciaran was the third finishing British runner and reversed the position in the trial when North Walian Iolo Highes had finished ahead of him.

The British team finished in fourth place, just out of the medals but a big improvement on the previous year's seventh.

In the BMC races in Stretford, also on Saturday, Cardiff's Mike Ward and Matthew Edwards both set personal bests over 1500m. Mike reduced his best time to 3:47.63 and Matthew knocked nearly three seconds off his to record 3:51.98. Bethan Strange set a season's best of 4:37.28.

The Welsh Junior League team was out in force at Newport yesterday and comfortably qualified for the final in Brecon on 17th August. A full report will follow separately.

## [Brett qualifies](http://www.cardiffaac.org/news/brettqualifies.htm) Saturday 12 July 2014

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

At a specially arranged competition held today at the Cardiff International Stadium, Cardiff's Brett Morse achieved the qualifying mark set for the Great Britain team to take part in the European Championships with a throw of 63.34m. This distance takes him back to No. 1 in the current UK rankings. Zane Duquemin, also seeking to qualify, threw 60.47m.

The qualifying distance set by UK Athletics was 63m and, although Brett had achieved this distance several times last year and would therefore have met the criteria set by European Athletics, UK Athletics had decided that only marks achieved this year would count.

UK Athletics' decision to set qualifying criteria harder than European Athletics is controversial and difficult to justify. In the case of the discus, the standard set by European Athletics is 62.30m (so why 63.00m by UKA?) and performances between 1st January 2013 and 3rd August 2014 count. The closing date for entries set by European Athletics is 3rd August whereas UK Athletics has demanded marks set between 1st January 2014 and 13th July 2014 (some three weeks earlier than necessary).

The team is due to be selected on Monday next 14th July and Brett can be relieved that he has met the criteria just in time. Zane, one of Britain's most promising young throwers, is not so lucky.

## [Deserved award for Debbie](http://www.cardiffaac.org/news/deservedawardfordebbie.htm) Thursday 10 July 2014

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

Cardiff's Mrs Debbie Bull has been honoured by Welsh Athletics for her contribution to the sport and was presented with her Meritorious Award by Welsh Athletics' President Sue Sayer during last Saturday's Welsh Schools Championships.

Debbie became involved with Cardiff AAC when her eldest son joined as a thrower in 1997 and has held numerous posts since, as one of the club's most reliable and hard working officials.

She was membership secretary for nine years, from 1998 until 2007, and then became general secretary for a further three years.   
  
She has also been a tireless team manager, firstly helping with the UK Young Athletes' League and then taking on the responsibility for the UK National Junior League team, which she still does.

IIf these tasks were not enough, Debbie has also been responsible for organising the club's home fixtures and has acquired a reputation for efficiency and "getting things done".

Outside the club, Debbie has managed regional and Welsh teams on many occasions.

In recognition of her outstanding contribution to the club, Debbie was made a life member and this added recognition by Welsh Athletics is very well deserved.

Congratulations Debbie.

## [Schools champions](http://www.cardiffaac.org/news/schoolschampions.htm) Wednesday 9 July 2014

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

The Welsh Schools Athletics Association held its annual championships in Cardiff on Saturday last, 5th July, and Cardiff AAC members were out in force to represent their schools and collect plenty of medals.

Double winners were Sarah Omoregie (junior girls high jump and shot put), Kristian Jones (middle boys 100m and 200m) and James Vincent (junior boys 800m and high jump).

The weather forecast had been gloomy but, in fact, it was a perfect day, with warm sun and only the occasional wind.

**Gold medallists from Cardiff AAC were:**

**Senior boys:** Anax da Silva (200m); John Cove (3000m); Ryan Cooper (400m hurdles); Gage Francis (triple jump); Ieuan Jones (2000m steeplechase); Jac Palmer (hammer - championship record).

**Middle boys:** Kristian Jones (100m & 200m); Hassan Abdi (800m); Jake Heyward (1500m - championship record); Harry Hillman (100m hurdles); Ryan James (400m hurdles); Ryan Grimwade (pole vault).

**Junior boys:** James Vincent (800m & high jump); Thomas Hanson (shot put); Kieran Grimwade (hammer); Daniel McKerlich (1000m walk).

**Senior girls:** Rebecca Evans (3000m); Erin Hayes (1500m steeplechase); Alice Nottingham (100m hurdles); Tasia Stephens (javelin).

**Middle girls:** Emily Griffin (1500m steeplechase); Niamh Galton (high jump).

**Junior girls:** Lauren Evans (75m hurdles); Sarah Omoregie (high jump & shot put); Catrin Lord (long jump); Bethan Gammon (discus); Ffion Palmer (hammer).



The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/Welsh%20Schools%202014.pdf)

## [Wonderwomen](http://www.cardiffaac.org/news/wonderwomen.htm) Monday 7 July 2014

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

Cardiff's senior women's UK Women's Athletic League team has covered itself in glory by winning the third round match at Portsmouth yesterday, Sunday 6th July.

Having come third in the first round and having won both the second and third round matches, Cardiff has now finished top of the division and is sure of promotion back to Division one next season.

**Headline results from the match are:**  
  
1. Cardiff AAC (222 points)  
2. Bristol & West AC (203)  
3. Havering AC (193)  
4. City of Portsmouth (168)  
5. Newham & Essex Beagles (163)  
6. Marshall Milton Keynes (155)  
7. Reading AC (132)  
8. Herne Hill Harriers (120

**The final league positions are:**  
  
1. Bristol & West AC (22 league points - 649 match points)  
2. Cardiff AAC (22 league points - 649 match points)  
3. Newham & Essex Beagles (17)  
4. Havering AC (16)  
5. Marshall Milton Keynes (9)  
6. Reading AC (9)  
7. City of Portsmouth (9)  
8. Herne Hill Harriers (4)

Overjoyed team manager Sharon Heveran writes:

*I'm exceptionally proud of our team. There were outstanding performances across the board in their chosen events and even some surprise performances such as Kate Seary, a 800/1500 runner, jumping 1.50m in the high jump.*  
  
*The athlete of the match award goes to Rebecca Evans for outstanding performances in the Welsh Schools yesterday in the 3000m and again today in the 3000m & 1500m. She's the future of the club and I'm so grateful to have her.*  
  
*Also birthday girl Amy De Beaux who won the A pole vault, A high jump & the B triple jump. She also ran a leg in the 4 x 100 relay.*

*All in all a great bunch of team players who encouraged each other all the way through our 3 matches.*  
  
*As my first year as manager I can definitely say it was a success and I'll be coming back for more next year.*  
  
*Thanks have to go to my amazing Captain Rhiannon L-P. Our officials Garry, Gwyn, Ceri Jones, John Penny, Roger Grindle & Rory Mckerlich*  
  
*Our only unfortunate outcome of the weekend is a big loss.... we all lost out voices screaming for the 4x400m relay.*

**

Well done to all the athletes and to team manager Sharon Heveran and captain Rhiannon Linnington-Payne. It was also good to see former club captain Emma Peters back competing in a Cardiff vest.

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/UKWAL%20July%2014.pdf)

## [Seniors find it tough](http://www.cardiffaac.org/news/seniorsfindittough.htm) Sunday 6 July 2014

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

Cardiff's British Athletics League team travelled to London yesterday with a heavily depleted squad and paid the price of too many unfilled events, finishing eighth and slipping to fourth overall with one round to go this season.

The bright spots amongst the team's results included Brett Morse's revenge win over Zane Duquemin, who had pipped him for the British title the previous weekend, Brett's win in the B shot put and Ryan Leonard's win in the B javelin.

The club is not in serious danger of relegation and certainly has the potential to challenge for the top spot in British club athletics. Hopefully, yesterday was an off-day that will not be repeated.

**The match result was:**

1. Newham & Essex Beagles (317 points)  
2. City of Manchester (302)  
3. Birchfield Harriers (287)  
4. City of Liverpool (282)  
5. City of Sheffield (272)  
6. Shaftesbury Barnett H (264)  
7. Enfield & Haringey AC (251)  
8. Cardiff AAC (178)

**The league position after three rounds is:**

1. City of Manchester (21 league points)  
2. Shaftesbury Barnett H (18)  
3. Birchfield H (13)  
4. Cardiff AAC (13)  
5. City of Sheffield (12.5)  
6. Newham & Essex Beagles (12)  
7. Enfield & Haringey AC (9.5)  
8. City of Liverpool (9)

The final round is at Manchester on 9th August and with a good performance Cardiff could still finish the season in third place, which would be a great result.

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/BAL%205%20July%202014.pdf)

## [Ciaran on form](http://www.cardiffaac.org/news/ciaranonform.htm) Wednesday 2 July 2014

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

Cardiff's Ciaran Lewis led the Welsh team home in the World Mountain Running Association's International Youth Cup, held in Trentino Italy on Sunday last, 29th June.

Ciaran was placed an excellent sixth in an international field of 47 runners and was the first British athlete home. The Welsh team finished seventh.

Ciaran can now look forward to the European mountain running championships in Gap, France, on 12th July, where he will make his debut in the Great Britain team.

## [Juniors on the up](http://www.cardiffaac.org/news/juniorsontheup.htm) Monday 30 June 2014

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

Cardiff's UK Youth Development League team (upper age group) is on the brink of retaining its league position after a much improved fourth place at the third round match in Milton Keynes yesterday, 29th June.

Yesterday's result was the outcome of a great all round team effort with athletes willing to take on unfamiliar events for the sake of the team.

## [Medals for Brett & Ryan](http://www.cardiffaac.org/news/medalsforbrettandryan.htm) Sunday 29 June 2014

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

On the third and final day of the British championships in  Birmingham today, Cardiff's Brett Morse (silver) and Ryan Spencer-Jones (bronze) both secured medals.

Although ranked number one in Great Britain, Brett had to concede first place in the discus to 22 year old Zane Duquemin. Brett's best throw of 60.26m was a mere 12cms behind Zane's winning 60.38m.

Zane had earlier taken the silver medal in the shot put with 18.00m, pushing Ryan into third spot. Ryan's best put was 17.23m.

## [Schools medals](http://www.cardiffaac.org/news/schoolscombinedeventsmedals.htm) Sunday 29 June 2014

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

Welsh Schools held their combined events championships in Newport yesterday, 28th June, and Cardiff athletes reached the medal podium in most of the age categories.

Talented Harry Hillman, winner of his age group for the past two years, stepped up to the under 17 boys' category and won again. His score of 3002 for the five events included a personal best 100m hurdles of 13.49.

Defending champion in the under 20 men's age group, Matthew Collins had to be content with the silver medal this year.

## [Bronze medal for Ieuan](http://www.cardiffaac.org/news/bronzemedalforieuan.htm) Saturday 28 June 2014

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

Cardiff's Ieuan Thomas won the bronze medal in the 3000m steeplechase at today's British championships and European trials in Birmingham. in the same race, Jonathan Hopkins, in only his fourth race in this event, finished a creditable sixth.

Elsewhere, Cardiff athletes found the competition hard, with Rhys Williams managing only fourth in the 400m hurdles and Gareth Warburton and Joe Thomas both missing out on a place in the 800m final.

Dewi Hammond, however, made it safely through to the semi finals of the 100m tomorrow, when Brett Morse and Ryan Spencer-Jones will be competing in the discus and shot put respectively.

## [Holding their own](http://www.cardiffaac.org/news/holdingtheirown.htm) Tuesday 24 June 2014

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

Cardiff's National Youth Development League (lower age group) team was involved in an extremely close third round competition at Solihull on Sunday last 22nd June. With only 7.5 points covering second to fourth places, Cardiff finished fourth with 497 behind Birchfield (504.5) and Rugby & Northants (499).

With one round left, Cardiff is lying in overall third place with equal league points with Birchfield but having scored more match points.

## [On top of the world](http://www.cardiffaac.org/news/bedfordpbsandmedals.htm) Monday 23 June 2014

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

Cardiff athletes took on the best in Britain at the weekend's England under 20 and under 23 championships in Bedford.

The star of the show was David Omoregie's world leading win in the 110m hurdles. His time of 13.17 (against the wind) takes him to the top of the world rankings as well as being a European, British, Welsh and club record.

Jac Palmer once again improved his own Welsh and club records in the under 20 men's hammer with a throw of 67.23m, which earned him the silver medal.

## [Relays championships](http://www.cardiffaac.org/news/relayschampionships.htm) Thursday 19 June 2014

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

Welsh Athletics will be holding championship competitions for under 13 and under 15 4x100m relay teams (boys and girls) on Tuesday 15th July; before the start of the Welsh International at Cardiff International Sports Stadium.

Cardiff AAC intends to enter teams and if you are interested in taking part, please let one of the Welsh Junior League team managers know as soon as possible as entries close on 29th June and have to be made through the club.

## [GB team place for Ciaran](http://www.cardiffaac.org/news/gbteamplaceforciaran.htm) Tuesday 17 June 2014

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

Cardiff’s Ciaran Lewis made a return trip to the Lake District on Saturday last, 14th June, to take part in the UK trials for the European Mountain Running championships and was rewarded with selection for the Great Britain junior team.

The European championships take place in Gap, France, on 12th July and the junior race is over an 8.1k mountain course.

Ciaran (17) qualified by placing fourth in the trial and is the youngest in the British team, having two more years in the under 20 age group.

## [Rhys goes top](http://www.cardiffaac.org/news/rhysgoestop.htm) Monday 16 June 2014

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

Cardiff's Rhys Williams showed a welcome return to form with a 48.95 400m hurdles in Geneva on Saturday, 14th June, that takes him to the top of the UK rankings.

After being stuck around 50 seconds in his first few races and then false starting in Oslo mid-week, Rhys needed to produce his training form in a race and this he has now done, with a time that is only just outside his personal best of 48.84. In a close race, Rhys was pushed into second place by Thomas Barr of Ireland, who set a national record in the process.

## [Wrexham medals for Cardiff](http://www.cardiffaac.org/news/wrexhammedalsforcardiff.htm) Monday 16 June 2014

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

A contingent of Cardiff athletes made its way to Wrexham on Saturday last, 14th June, for the Welsh under 20 and under 17 championships and returned with 32 medals between them.

Double winners were Jake Heyward (800m & 1500m), Ryan Grimwade (high jump & pole vault) and Anax Da Silva (100m & 200m) while Jac Palmer broke his own under 20 club record with 65.10m to win the hammer title.

## [Welsh League reminder](http://www.cardiffaac.org/news/welshleaguereminderx.htm) Thursday 12 June 2014

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

The next round of the Welsh Senior League for under 17, under 20 and senior athletes is on SATURDAY 21st June at Newport.

Up to six athletes per club may be entered in each event but all entries must be made through the club. If you wish to compete please inform Andrew Seary together with the entry fee of £4 (this can cover as many events as you wish to enter).

Please let Andrew know as soon as possible.

For further information including the timetable click [**HERE.**](http://www.welshathletics.org/competitions/events/track--field/2014/06-june/welsh-senior-league-2-newport--open-meeting.aspx)

## [Special talents](http://www.cardiffaac.org/news/specialtalents.htm) Wednesday 11 June 2014

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

Did you know that five of Cardiff's young athletes are the best in Britain - not in athletics, though, but in singing.

Yes, Cesia Lewis, Sara Jones, Carwyn Hastings, Megan Hastings and Luned Jones are all members of the Ysgol Iolo Morgannwg, Cowbridge, school choir that won this year's BBC Songs of Praise junior choir of the year competition.

The school had never entered the competition before but sent a tape of the choir singing *Sing Hosanna* to the BBC and this was accepted as one of the six best in Britain to take part in the semi final in Birmingham. Three choirs went forward to the final that was broadcast live on *Songs of Praise* and Ysgol Iolo Morgannwg came home with the winner's trophy. In the final, they sang *Cadwyn Ddwylo (Holding Hands).*

Megan and Carwyn Hastings competed in the Welsh Junior League match at Newport last weekend with Megan winning her 75m race.

Let's hope that all five do as well in athletics as they have in singing.

Well done.

## [Ladies head for the top](http://www.cardiffaac.org/news/ladiesheadforthetop.htm) Sunday 8 June 2014

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

Cardiff's UK Women's Athletic League team triumphed today in their second round match at Newham in London, winning their match convincingly from second placed Bristol & West with home team Newham & Essex Beagles pushed into third place.

After placing third in the first round match in Cardiff on 10th May, Cardiff is now second overall; a similar strong performance in the third and final match in Portsmouth on 6th July would clinch promotion and vindicate team manager Sharon Heveran's vow to get the team back up "where they deserve to be".

With several athletes covering multiple events, this was very much a team effort but with individual event winners providing valuable maximum points: Emma Pullen (400mA & 200m B); Bethan Strange (800mA); Beccy Nuttall (800mB); Emily Brown (400mH A); Vicky Lloyd (shot put B); Amy DE Beaux (pole vault A).

Joint athletes of the match were Elinor Lewis and Bethan Strange.



**The match score was:**

1. Cardiff AAC (242 points)   
2. Bristol & West (211)   
3. Newham & Essex Beagles (195)   
4. Havering AC (164)   
5. Marshall Milton Keynes (151)   
6. Reading AC (127)   
7. Herne Hill Harriers (124)   
8. City of Plymouth (98)

**The league position after two rounds is:**

1. Bristol & West (15 league points)   
2. Cardiff AAC (14)   
3. Newham & Essex Beagles (13)   
4. Havering AC (10)   
5. Reading AC (7)   
6. Marshall Milton Keynes (6)   
7. City of Plymouth (4)   
8. Herne Hill Harriers (3)

The full results may be viewed [**HERE.**](http://www.cardiffaac.org/files/UKWAL%202%202014.pdf)

A report from Sharon and the full results will be added as soon as possible.

A brilliant result - well done.

## [Juniors do well](http://www.cardiffaac.org/news/juniorsdowell.htm) Sunday 8 June 2014

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

Cardiff's Welsh Junior League team peformed well in the season's third round match at Newport on Saturday, 7th June, with the under 11 boys topping their age group and the under 15 boys and girls comfortably winning theirs.

Clean sweeps were recorded in the under 15 boys' 1500m and hammer events and several Cardiff athletes achieved double individual wins.

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/WA%20Jn%20Lg%20Npt%20June%202014.pdf)

**The team managers report as follows:**

*Today saw the third match of the Welsh Junior under 15 League - East Division, held at Newport Stadium.*

*After a very difficult selection process (due to the venue and date being changed a week prior to the competition!) we still managed to turn out a great team who came 2nd overall.  Weather was kind to us as heavy rain was forecast but apart from a few early showers the day was a combination of cloud and sun shine.*

*A great big thank you to all our athletes who stepped up to help out in events outside of their preference including: 1K walk – special thanks to Marcy Webbe U13, Caitlin Chapman U13, Gwennan Hammett U15, Daniel McKerlich U15, Sean Edmiston Lane U13 and brother Louis U15.*

*Throws – Annwen Gammon U15 (Javelin, Discus), Elin Glaves U15 (Discus) Emma Hocking U15 (shot).*

*Short notice for the relay: Emily Chirighin U15, Josh Wishton U15, Daniel McKerlich U15, Annwen Gammon and Kieran Grimwade.*

*This is what team work is about and the level of commitment we need for the final in August!! – Thanks again Guys!!*

*398 athletes (91 of which were Cardiff) turned up to compete.*

*Cardiff came 2rd with 1093 points with Cardiff Archers taking 1st place with 1160.*

***Under 11 Boys***

*A Fantastic performance by so many athletes today but I have to start with my winning U11 Boys team. A truly superb performance was seen where the boys finished top on the day and secured 2nd place for the season so far.*

*In a stunning debut performance Luca Logue-Fonseca won the 75m, 150m and Long Jump, his first time in a Cardiff vest. He then ran the final leg in the relay to take 2nd place.  Add that to a shot put win by James Brindle (his 3rd in a row) and PB’s in the Javelin for Charlie Russell, Henry Spencer in the 800m, Jakson Dodds and Ben Vincent in the 150m. Not only did Luca win both 75m and 150m sprint events but Jakson took 3rd in both and Ben took 7th and 5th, add Harvey Powell to the team and we had a very exiting relay in which the boys took 2nd place in 62secs, a time which would have won last month’s event at Cwmbran.*

***Under 11 Girls***

*There were also some great performances in the girl’s team, Sara John put in a really battling performance to take 3rd in her Cardiff debut in the 800m. Ffion Henderson also took a massive 15 secs off her PB in the same race. There were other PB’s on the day for Lily Gregson in the 75m, Javelin and Long Jump. Catrin Hockin also got 3 Pb’s in 75m, Long Jump & Shot, Megan Hasting got a PB in the 150m and Molly McKelerick in the 75m. Add to that some great debuts from Trinity Coles and Ellen James.*

*All in all it was a fantastic team performance by all the U11’s. The boys won and the girls scored more points than any match so far this season. With the same effort in Newport in July I have no doubt we’ll make the final in August. We can all be very proud of the performances so far and look forward to a the future of Britain’s Number 1 athletics club.*

***Under 13 Girls:***

*The Under 13 girls brought home 2rd place for the team, with notable performances as follows:*

*A special mention to new comer to the team, Marcy Webbe, who in her debut performance in the 100m, was in 2nd place until the very end when she misread the finish line and stopped short coming last in her heat.  I have no doubt next time Marcy will be up there in the top performers - bad luck Marcy, but thanks for your great team spirit in helping out and coming 3rd in the 1K walk and also 11th in the LJ.  You gained us valuable point in these last two events.*

*Another special thank you to Caitlin Chapman who gained us valuable points in the 1K walk coming 5th place, a great effort Caitlin.*

*Issie Tustin was back in action achieving a double first again in the 100m (G2-13.79) and 200m (G3-28.23). Maximum points were achieved in the 800m with Sofia Vella taking first place (G4 – 5:25) closely followed by team mate Emily Chirighin in 2nd place and another  new PB of 5.29 (G4). Sofia was also 2nd in the High Jump with a fantastic G1 jump of 140 and new PB. Cassey Grimwade secured 2nd place in the Javelin (G3 – 19.14) and 3rd in the Discus (G4 – 15.9).*

*Other points scorers for the team were - 100m and 200m: Caitlin Leggett (19th)/(14th) respectfully, 800m: Bethany Gold (10th), 70mh: Grace Leggett  (5th),  LJ: Sofia Vella 4.11 (G4) Marcy Webbe (11th), Shot: Caitlin Chapman (10th), Javelin: Caitlin Chapman (10th).*

*There were problems at the beginning of the U13G relay team due to injuries and changes to the team at short notice.  Despite this they did well coming 4th overall: Sofia Vella, Bethany Gold, Emily Chirighin and  Issie Tustin. Special thanks to Emily for stepping in at the last minute especially as she had just finished the 1500m!*

***Under 13 Boys:***

*Well it might have been Britain’s Got Talent Final day but wow it was great to see that the young athletes of our club certainly have got Talent! At this fixture our U13 boys continued to improve scoring 251 points and look good to finish 2nd in this league in their age group.*

*Highlights of the day were as follows:*

*There were a number of standout performances with PB’s being smashed on track and field. In the sprints we had four different runners bringing home points, with Louis Spencer 7th  and Leo Comanescu 9th with a PB in the 100m.  Leo also gained points in the hurdles.  In the 200m we had Daniel John winning his heat 5th overall G3 28.64 and Carwyn Hastings also gaining points and getting a PB. Disappointingly after a fine run and despite crossing the line first in the 800m Daniel John was disqualified for breaking too early.  However a brave Daniel put that behind him with further points being gained in the hurdles and a grade 4 performance of 15.03.  Louis Spencer and Max Long both picked up points and gained PB’s in the 800m 5th and 7th respectively.  In the 1500m Rhys Morgan came in 5th 5.13 G4 and special mention to Eli Scoble who took 23 seconds off his PB also gaining points.*

*Great to see Sean Edmiston Lane taking part in the 1k walk and picking up crucial points for team, thanks Sean for being a great team player!*

*In the field events Adam Mohsin continues to do well not just in high jump but also his throwing events. It was 1st in High jump, 2nd in shot with a PB of 7.14m and 3rd in discus with a grade 3 throw of 17.10m….great point scoring Adam!  Jonathan Gibson, even with an injury, is high jumping so well at the moment and matched Adam with a PB of 1.40m.  He also got a PB and more points in the Javelin.  We can’t wait to see him back in the long jump pit too!*

*Sam Woods is still in fine form, finishing 4th 4.05m in long jump.  Not far behind was Carwyn Hastings with another PB of 3.66m.*

*Max Long also threw well in Shot gaining a PB and coming 3rd with Caerwyn Phillips also doing well with a PB in discus.  Our other throwing star Tyler Santos threw the javelin a great G4 distance of 24.24m.*

*Finally our scoring relay team featuring Daniel John, Louis Spencer, Leo Comanescu and Sam Woods ran a great race finishing 3rd.*

***Under 15 Girls :***

*A great performance from Cardiff’s under 15 girls who were back in action taking 1st place for their age group. A Special welcome to newcomers to the team: Millie Wiggins, Holly Huggins and Seren Rowley.*

*Notable performances were as follows:*

*The day started off with Gwennan Hammett taking 2nd place in the 1K walk.*

*Naomi Reid, who was taking a break from her usual success at middle distance, brought home 1st place in the 300m with a new PB of 44.70.*

*Lauren Evans was 1st in the 75mh (G1 -11.78) and also secured 2nd place and a new PB in the shot (G3 – 8.7).*

*Thea Willis brought home a double 3rd in the shot and Javelin (G1- 27.95).*

*Hollie Williams was 3rd in the HJ with team mate Ellie May Stonehewer coming 4th with a new 10cm PB of 1.40m.*

*The Gammon sisters were back gaining valuable points for the team. Whilst Beth was 2nd in the Discus (G4 – 22.51) and 3rd in the Hammer, Annwen bought home 1st with a great win in the 800m (G3 – 2:25).*

*Jess Wadey came first in the 1500m with a great new PB of 5.05 (G4).*

*Other valuable point scorers for the club were: 100m: Lana*  
*Culliford (4th) Renee Moore (8th), 200m: Lana Culliford (4th) Naomi Reid (6th) 300m: Katie Long (7th), 75mh: Seren Rowley (8th), 800m: Katy Long (5th), 1500m: Megan Bowen (6th) LJ: Ellie May Stonehewer(11th) Emma Hocking (16th), Discus: Thea Willis (11th) Javellin: Elin Glaves (8th).*

*Well done to our U15G relay teams: A team was 3rd: Renee Moore, Natasha Briggs, Hollie Williams and Lana Culliford.  B Team was 2nd: Emma Hocking, Jess Wadey, Annwen Gammon and Lauren Evans.*

***Under 15 Boys***

*Wow what a day after the storm the previous night!  Our under 15 boys had a thunderous day at Newport, with lightning fast performances on the track! The boys U15 team won their league on the day by an amazing 48 points despite missing some key athletes!! Overall for the season they are just 4 points adrift of top spot, something I’m sure that will be corrected after the next fixture .*

*Notable performances were as follows:*

*On the track, making his debut after only a week at the club, was Richard Lee, an amazing sprinter who won his 100m heat coming 3rd overall in 12.71.  Richard after doing so well winning the South Wales Schools 200m midweek, ran 25.18 and came 2nd overall in this fixture.  WELCOME to the club Richard!*

*Another sprinter in fine form is Josh Lewis, again winning his 100m heat 6th overall in 13.18. Josh also got a PB of 26.05 coming 4th in 200m.*

*Another great day for the Short brothers Luke and James! Luke got a PB, coming 5th in 300m and James a PB in 800m, coming in with an impressive 2.22 time.  New to 300m was Huw Ward gaining points for the team and most importantly enjoying taking part in a new event.  Huw is a great team member, always willing to give anything a try, like lots of others.*

*Ieuan Jones came in 3rd in the 800m with a G4 time of 2.15.  We continue to be very strong in the 1500m.  Top 3 places in the 1500m went to Cardiff AAC athletes, with Benji Edwards winning in 4.45 G4, Alfie Davies getting a PB coming second 4.52 and competing in his first WJL fixture this season, Morgan James impressed coming third in 4.58, well done guys.*

*We are grateful to Daniel McKerlich and Louie Edmiston Lane, both great team members willing to give anything a go.  They both took part in the 1k walk, Dan actually looked like a professional, smashing his PB by 27 seconds and winning in style. Thanks Louie again for gaining your team crucial points in this event and both boys for volunteering to give it a go again at the next fixture.*

*Thomas Britt was back in fine form winning the hurdles with a storming run in 13.71.*

*On to field events and after a long morning/early afternoon at a tennis tournament in Penarth, Josef Williams appeared on the scene just at the right time to leap to a PB in long jump with a G2 jump of 5.64m and coming second!  Josh Wishton also picked up points in long jump.*

*With James Vincent away racing in Milton Keynes, our high jump points came from Huw Ward and Oliver Cooper, who it was nice to see competing after a long break.*

*I’m running out of things to say about our amazing U15 throwers, they really are the business!*

*Well Jay Morse follows in big brother Brett’s footsteps and won the discus with a throw of 29.79 G4. Congratulations to big brother Brett who this week was announced in the Commonwealth Games team, but hey little brother is making fine progress also coming second in hammer with a PB of 25.84. I think we’ll see the name Morse for years to come in world athletic competitions!*

*Thomas Hanson excelled again, winning shot with G1 throw of 12.63.  Amazingly Tom also got PB’s in discus where he was second with 23.62 and javelin with 31.08.  What a turnaround from the Tom we saw tearing up the track last year, Tom is a great all-rounder.*

*Another great all-rounder, Kieran Grimwade continues his brilliant form winning Hammer G2 41.08 just short of a PB, winning Javelin G2 35.49 and second in shot 23.62……Team Grimwade continue to impress!*

*Finally one of the highlights of the day that brought the crowd to their feet was the blistering pace of the relay team.*

*They were flying from the start with Richard Lee, on to Thomas Britt, then Tom Hanson  and Josh Lewis enjoyed the last leg blasting any competition out of the water…..they won by over 2 seconds, a great end to the day.  The guest team also were in the reckoning until late in the race.*

*I am grateful to all that took part if you are not mentioned in this report you are still very special to this team, keep going guys you all are amazing, the hard work that you continue to put in with your training will benefit you all with your continued progression. I know that a number of other boys also got PBs on the day, congratulations to you all.*

*Thanks as always for the support and enthusiasm from the sidelines, it’s all a TEAM effort and it certainly makes it all worthwhile knowing that most people have had an enjoyable day, and appreciate the hard work that is put in to make the day run as smoothly as possible.*

*Thanks again to all the Parent helpers and officials.*

*A special thanks to Jen Stone. Jen, in her debut performance as Lead Official, got us out of a big hole, along with the ever helpful Lisa Grimwade, when we were left with very few qualified officials due to the change of date and venue.  Thank you so much both, not only would we lose valuable points gained by the children’s hard efforts, but the competition cannot run without this type of help and team work!*

*Look forward to seeing you all at the next WJL on 13th July!*

*Linda, Mark, Jo and Huw*

[**Seniors hold their own**](http://www.cardiffaac.org/news/seniorsholdtheirown.htm) **Saturday 7 June 2014**

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

After leading the match for the first two hours, Cardiff's British Athletics League team today eventually finished fourth in a competition that was, overall, more demanding than the first round in Cardiff on 10th May.

Cardiff finished with 270 match points, only 18 fewer than in Cardiff but had to concede first place to City of Manchester (third in Cardiff) with Shaftesbury Barnet second and Birchfield Harriers third.

Winners for Cardiff were Brett Morse, Gareth Warburton and Richard Tremblen while Anax Da Silva set a 400m personal best of 49.03 and Ryan Leonard a javelin best of 62.64m

Gareth Warburton was chosen as the athlete of the match for his win in the 800m coupled with an excellent second leg of the 4x400m relay.

The day had started in heavy rain that persisted throughout the men's discus competition but the weather gradually improved to provide excellent conditions (quite warm with negligible wind) in Birmingham's Alexandra stadium.

The Cardiff team was missing several of its leading athletes but all performed valiantly, none more so than the 4x100m relay team where Anax may just have held off the fast finishing Birchfield Harrier had he not looked across just before the line.

It is interesting to compare the scores from the track events and field events respectively. On the track, Cardiff accumulated 176 points (172 in Cardiff) to rank second only to Birchfield (193) whereas the field events made 94 points (116 in Cardiff) to rank seventh on the day.

There is no doubt that Cardiff can more than hold its own in the premier league of British clubs and can even challenge for the top spot with its best squad.

Cardiff now lies third in the division with two matches to go.

**The match score was:**  
  
1. City of Manchester (338 points)  
2. Shaftesbury Barnet H (318)  
3. Birchfield H (294.5)  
4. Cardiff AAC (270)  
5. City of Sheffield AC (247)  
6. Enfield & Haringey AC (247)  
7. Newham & Essex Beagles AC (245)  
8. City of Liverpool (221.5)

**The league positions after two rounds are:**  
  
1. Shaftesbury Barnet H (15 league points)  
2. City of Manchester (14)  
3. Cardiff AAC (12)  
4. City of Sheffield (8.5)  
5. Enfield & Haringey AC (7.5)  
6. Birchfield H (7)  
7. Newham & Essex Beagles (4)  
8. City of Liverpool (4)

To view the full results, click [**HERE.**](http://www.cardiffaac.org/files/BAL2%202014.pdf)

## [Cardiff athletes for Glasgow](http://www.cardiffaac.org/news/11cardiffathletesforglasgow.htm) Friday 6 June 2014

[](http://www.cardiffaac.org/news/11cardiffathletesforglasgow.htm)

Welsh Athletics has revealed a 33 strong team for this year's Glasgow Commonwealth Games and Cardiff athletes comprise no less than one third. In addition, Phil Banning and James Williams will be the team managers.

Those selected are: Adam Bitchell (10,000m), Aled Davies (Discus - F42), David Guest (Decathlon), Tracey Hinton (100m - T2), Curtis Mathews (Decathlon), Brett Morse (Discus), Matthew Richards (Hammer), Ryan Spencer-Jones (Shot Put), Joe Thomas (800m), Gareth Warburton (800m) and Rhys Williams (400m Hurdles).

Sadly, Christian Malcolm has missed out on his ambition of a fifth Games but can console himself with the knowledge of an outstanding and successful contribution to the sport through a superb career.

Tracey Hinton, on the other hand, won her first medal in the Paralympics 24 years ago, in 2000, and has been competing at the highest level ever since - quite amazing.

Congratulation to all those who have been selected and good luck to the whole Welsh team.

## [Juniors improve](http://www.cardiffaac.org/news/juniorsimprove.htm) Thursday 5 June 2014

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

Cardiff's team in the UK Youth Development League (upper age group) improved its position at the second round match in Cheltenham on Sunday last, 1st May, finishing fifth of the six teams.

Hit once again by absences through exams and clashes with the Welsh Championships, the team nevertheless showed great team spirit on the day, with several athletes competing in multiple events to help the points situation.

**The match result was:**

1. Team DC (679 points)  
2. Marshall Milton Keynes (616)  
3. Wolverhampton & Bilston AC (543)  
4. Cheltenham & County AC (502)  
5. Cardiff AAC (411)  
6. City of Stoke AC (373)

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

1. Team DC (11 league points)  
2. Marshall Milton Keynes (11)  
3. Wolverhampton & Bilston AC (7)  
4. Cheltenham & County AC (5)  
5. City of Stoke AC (4)  
5. Cardiff AAC (3)  
  
**Cardiff's individual event winners were:**

**Under 20 men:** Lewis Brunt (1500m B); Matteo Holmes (Hammer A); Matthew Collins (Long Jump B); Gage Francis (Triple Jump A); Rhodri Davies (Pole Vault A).

**Under 17 men:** Ryan Grimwade (High Jump & Pole Vault).

**Under 17 Women:** Rosie Thompson (1500m B).

The full results can be viwed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/UKDL%20U%201%206%2014.pdf)

It is still posible to avoid relegation from this division by big efforts in the final two matches. Simply filling most of the events would be enough.

Well done to those who have supported this team, especially the team managers and those who offered to officiate.

## [Mountain medals](http://www.cardiffaac.org/news/mountainmedals.htm) Tuesday 3 June 2014

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

The 600 miles round trip to te Lake District was worthwhile for Cardiff's Gwynnant Jones, Ciaran Lewis and Rebecca Evans as they all returned with medals from the home countries mountain running international on Sunday last, 1st June.

Representing Wales under 20 teams, Rebecca was third in the women's race while Ciaran and Gwynnant were second and third respectively in the men's race. The under 20 men's team was placed first.

Mike Kallenberg was 15th in the senior men's race.

It was another very hot day for racing, even though the races started at 9.35am, as a lot of the course was on the exposed Skiddaw Peak.

Congratulations to all on more excellent performances.  

## [Decathletes qualify](http://www.cardiffaac.org/news/decathletesqualifyforgames.htm) Monday 2 June 2014

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

Cardiff's two leading decathletes have both achieved the qualifying standard for the Commonwealth Games in Glasgow.

After completing three of the gruelling 10-discipline events in six weeks (and two on consecutive weekends), both Curtis Mathews and David Guest topped the standard of 7,300 points in Malaga last weekend (31 May - 1 June). Curtis achieved a personal best points total of 7,378, including five personal bests, while David Guest, showing a welcome return to form after injury, scored 7,394.

Cardiff's Francis Baker also took part in the event, totalling 6,211 points for nine events before pulling out of the 1500m.

Curtis also finally removed Clive Longe's 7308 points set in 1969 from the club record books. David's best, although superior, cannot count as a club record as his first claim club is Bridgend and he competes for Cardiff as a higher claim athlete.

Curtis's individual event performances were:

\* = personal best

100m: 11.29  
Long jump: 7.47mW\* (7.21m\* legal)  
Shot Put: 12.79m  
High jump: 1.95m =\*  
400m: 50.70\*  
110m hurdles: 15.40  
Discus: 43.00m  
Pole Vault: 4.30m\*  
Javelin: 51.02m\*  
1500m: 4:49.01

David's were:

100m: 11.10  
Long jump: 7.32m  
Shot Put: 12.86m  
High jump: 1.98m   
400m: 47.72  
110m hurdles: 14.62  
Discus: 35.72m  
Pole Vault: 4.20m  
Javelin: 44.26m  
1500m: 4:45.36

Both athletes should now be rewarded with places in Wales' Commonwealth team. And, phew, they deserve it.

**Elsewhere, in Grosseto, Italy, in the IPC Athletics Grand Prix, on May 31, Aled Davies set a world record in the F42 discus with 48.69m. He also won the shot with a 14.39m throw.**

## [Juniors third again](http://www.cardiffaac.org/news/juniorsthirdagain.htm) Sunday 1 June 2014

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

Cardiff's NYDL (U13 & U15) team travelled to Birmingham yesterday, 31st May, for the second round of this year's league series and, again, came an excellent third in the team rankings, matching their performance in the first round.

Stars of the day included triple winners James Vincent, Lauren Evans and Sarah Omoregie.

Lauren's excellent pb equalling 1.62m places her eighth in the UK rankings.

**The match score was:**

1. Swansea H (546.5 points)  
2. Rugby & Northants AC (502)  
3. Cardiff AAC (484.5)  
4. Birchfield H (462.5)  
5. Charnwood AC (411)  
6. Solihull &N Smallheat AC (363.5)

To view the full results click [**HERE.**](http://www.cardiffaac.org/files/NYDL%20(lower)%2031%20May%2014.pdf)

**Cardiff's individual event winners were:**  
  
Under 15 boys: James Vincent (800m A, high jump A, long jump B); Ieuan Jones (800m B); Kieran Grimwade (javelin A); Thomas Hanson (shot put A); Joseff Williams (long jump A).

Under 13 boys: Daniel John (800m A - 2:18.03pb).

Under 15 girls: Lauren Evans (75mH A, long jump A, high jump A); Sarah Omoregie (75mH B, shot put A, high jump B); Jessica Wadey (800m B); Annwen Gammon (1500m B); Lois Hillman (pole vault B).

The under 15 girls also won the 4x300m relay.

Cardiff is now placed third overall after two matches and, with two to go, could climb to second and secure a place in the national final. Well done and good luck for the next two rounds.

## [Welsh Championships - 2](http://www.cardiffaac.org/news/welshchampionshipsday2x.htm) Sunday 1 June 2014

[](http://www.cardiffaac.org/news/welshchampionshipsday2x.htm)

The second day of the Welsh Championships produced a further clutch of medals and personal bests for Cardiff athletes.

In the 200m, Cardiff's Sam Gordon took his revenge, inching out Dewi Hammond by one hundredth of a second with Lemarl Freckleton third, Richard Tremblen fourth, Gareth Hopkins fifth and club captain Rhys Knapman sixth. 

Although we could not quite match the full complement of finalists that we had in the 100m yesterday, the club came close with 6 of the 8 in the men's 200m and 6 of the 7 in the men's 800m. In both these events Cardiff athletes took the first six places.

The final event of the day, the men's 800m, lived up to expectations with Joe Maynard putting in a storming finish to overtake Gareth Warburton just before the finish line. Fifteen year old Jake Heyward improved his personal best once more to clock 1:53.95, a time that takes him to 5th in the current UK under 17 rankings.

With Commonwealth Games places at stake, times were all important and Tom Marshall again fell short, winning the 1500m from fast finishing Mike Ward. Matthew Edwards set a personal best of 3:54.71 in fourth place.

In the 110m hurdles, David Omoregie was in a class of his own and, despite clattering a few hurdles, again improved his time over the senior barriers, clocking 13.61, which takes him to 5th in the UK senior rankings.

In the women's events, under 20 javelin thrower Tasia Stephens threw a personal best of 43.10m for the silver medal and moved up to 3rd in the UK under 20 rankings.

Cardiff's other medallists were Brett Morse (discus gold), Ricardo Childs (long jump gold), Emily Brown (3,000m steeplechase silver), Claire Taylor (100m hurdles bronze), Jonathan Bailey (high jump bronze), Lucy Griffiths (discus silver), Jason Copsey (javelin silver) and Ryan Leonard (javelin bronze).

To view the full results, click [**HERE.**](http://www.cardiffaac.org/files/Welsh%20CH%202014%20day%202.pdf)

## [Welsh Championships - 1](http://www.cardiffaac.org/news/welshchampionships2014day1.htm) Saturday 31 May 2014

[](http://www.cardiffaac.org/news/welshchampionships2014day1.htm)

With so many Cardiff athletes on display, the first day of this year's Welsh Championships and Commonwealth Games Trials could have been mistaken for a club championship.

Indeed, the final of the men's 100m was composed entirely of Cardiff athletes, with Dewi Hammond pipping Sam Gordon for the title.

One of the highlights of the field events was 18 year old Jac Palmer's fourth place in the hammer throw with a new Welsh under 20 record with the senior hammer of 58.54m, removing Olympian Shaun Pickering's mark from the record books.

The men's 100m final saw seven of the eight Cardiff athletes set personal best times as follows:

1. Dewi Hammond (10.43)  
2. Sam Gordon (10.45)  
3. Gareth Hopkins (10.68)  
4. Lemarl Freckleton (10.71)  
5. Anax Da Silva (10.73)  
6. Richard Tremblen (10.75)  
7. Chris Hill (10.75)  
8. Marvin Bheka (12.21)

Oother personal bests were set by Ryan James (16) in the 400m (49.10), Paul Bennett (400m hurdles in 51.55) and Jake Heyward who, at only 15 years of age, clocked 1:54.07 to qualify for the final of the 800m tomorrow. This final could be one of the highlights of tomorrow's programme as also qualified are Gareth Warburton, Elliot Slade, Jo Maynard and Jo Thomas.

Jake's time takes himn to fifth on the current UK rankings for his age group.

Ryan Spencer-Jones clinched his Commonwealth Games place by winning the shot put, albeit with a modest (for him) 17.71m, as did Rhys Williams with an easy win in the 400m hurdles.

Of the women finalists, Niamh Galton (15) took the bronze medal in the women's high jump.

The full results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/W%20Champd%20Day%201%202014.pdf)

## [Be proud of your club](http://www.cardiffaac.org/news/beproudofyourclub.htm) Friday 30 May 2014

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

This weekend sees one of the highlights of the Welsh Athletics season when the Welsh Championships and Commonwealth Games trials take place in our home stadium in Cardiff.

The entry lists include a huge number of Cardiff athletes and it would be great to see every one of them wearing the Cardiff AAC vest.

Good luck to every one of you and "fly the flag for Cardiff".

## [Use it or lose it](http://www.cardiffaac.org/news/useitorloseit.htm) Wednesday 28 May 2014

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

The first round of the UK National Development League for older athletes took place on 28th April and Cardiff came last of the six clubs.

Exams and warm weather training meant that the team was heavily depleted but a repeat performance in Cheltenham next Sunday, 1st June, is likely to mean relegation.

This is an excellent level of competition for under 17s and under 20s and we need to do well to retain this opportunity.

This time it is Welsh Athletics that has put the cat amongst the pigeons by doing a u-turn on these age groups not being allowed to compete in the Welsh Senior Championships. Despite assurances that, because it is an under 20 weekend, they would not be eligible, that is not the case. Whilst we fully support the athletes in their taking opportunities when they arise, we are very disappointed that the clash has been allowed to happen in the first place and we strongly urge all athletes in the under 20 and under 17 age groups to support their club by competing in this League in the remaining matches.

Sunday 1st June - Cheltenham

Sunday 29th June - Milton Keynes

Sunday 26th July - Plymouth

The club spends a lot of money to support the Leagues including buses which are around £600-£700 a time. If we are unable to field teams for these matches then we have to consider if this is the most effective use of club funds. It would be a shame to withdraw from the League as it has proved an invaluable stepping stone for many years. Many of our senior athletes have moved up through and benefited from the under 20 League system and we believe most have gained valuable experience from it. If we don't use it we are in danger of losing it and that could have a seriously adverse effect on the future of our currently successful senior teams.

Please contact your team manager urgently to let him or her know whether you will be available for Cheltenham.

Boys: Debbie Bull

Girls: Andrew Seary.

## [Gold for Curtis](http://www.cardiffaac.org/news/goldforcurtis.htm) Monday 26 May 2014

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

Cardiff's Curtis Mathews triumphed in the England Athletics decathlon championship, held in Bedford on Saturday and Sunday last 24/25 May, to take the gold medal with a score of 7005 points.

Curtis had been lying second after the first day's five events behind Bridgend's David Guest (who competes for Cardiff as a higher claim member) with 3716 against David's 3854 points.

David did not complete the ten events, however, letting Curtis through to a well deserved victory.

Curtis's individual event performances were: 100m (11.39); long jump (7.01m =pb); shot put (12.69m); high jump (1.90m); 400m (51.15); 110mH (15.59); discus (42.85); pole vault (3.95m); javelin (47.98m); 1500m (4:49.98).

Cardiff's Francis Baker also took part but was not able to complete the ten events.

Elsewhere over the weekend, in Swansea, Ciaran Lewis continued his run of good form to win the Welsh Athletics under 20 2000m steeplechase championship in a personal best time of 6:21.50. Also in Swansea, Emily Griffin won the under 17 girls 1500m steeplechase and Erin Hayes was second in the under 20 women's 1500m steeplechase.ore results from Swansea will be added when they are available.

**In the West Wales championships in Swansea, all the Cardiff athletes competing won medals:**

**Under 15 Boys:** Thomas Hanson (Gold - shot put).  
**Senior Men:** Matthew Richards (Gold - hammer); Emyr Jones (Silver - pole vault).  
**Senior Women:** Vicky Lloyd (Gold - high jump & long jump; Silver - shot put & javelin); Lucy Griffiths (Gold - shot put & discus); Tracey Hinton (Silver - 100m).

In London, Tom Marshall was sixth in the Westminster Mile British Championship and evergreen James Thie was eighth.

## [Cardiff dominates](http://www.cardiffaac.org/news/cardiffdominatesregionalchampionships.htm) Sunday 25 May 2014

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

Despite awful conditions - continuous rain throughout the day and cold - Cardiff athletes turned out in force at the combined South and East Wales regional championships held in Cardiff yesterday, 24th May, and were rewarded with probably a record number of medals.

Amongst many excellent performances, there were clean sweeps of medals in the under 15 boys' 800m, the under 15 girls' 1500m, the under 15 girls' hammer, the under 17 girls' 1500m, the under 20 men's 200m, the under 20 men's 800m, the under 20 men's 1500m, the senior men's 800m and the senior women's 400m.

Individual performances of note included Jake Heyward's and John Cove's convincing wins in their events, Rhys Williams 47.51 400m and Sarah Omoregie's 10.35m shot put which is in line to be ratified as an inaugural Welsh Record at the end of the season (of course, she may do even better by then).

**The full results can be viewed** [**HERE.**](http://www.cardiffaac.org/files/S%20W%20Regional%20Champs%202014.pdf)

**Cardiff's individual medallists were as follows:**

**Under 13 Boys:  
Gold:** Daniel John (200m & 800m); Jonathan Gibson (high jump).  
**Silver:** Louis Spencer (800m); Caerwyn Phillips (discus); Tyler Santos (javelin).  
**Bronze:** Louis Spencer (100m & long jump); Rhys Morgan (1500m).

**Under 13 Girls:**  
**Gold:** Issy Tustin (100m & 200m); Alice Cudihee (shot put); Cassey Grimwade (javelin).  
**Silver:** Emily Chirighin (1500m); Scarlett Russell (javelin).  
**Bronze:** Cassey Grimwade (shot put).

**Under 15 Boys:**  
**Gold:** Stephen Jones (300m); James Vincent (800m & high jump); Ieuan Jones 1500m); Rhys Jones (3000m); Thomas Britt (80m hurdles); Kieran Grimwade (shot put & hammer & javelin); Jay Morse (discus).  
**Silver:** Stephen Jones (200m); Seth Kelly (800m); Jay Morse (shot put).  
**Bronze:** Daniel McKerlich (300m); Alfie Davies (800m); Callum Russell (long jump).

**Under 15 Girls:**  
**Gold:** Catrin Lord (200m); Naomi Reid (800m); Annwen Gammon (1500m): Kiara Frizelle (3000m); Lauren Evans (75m hurdles & long jump); Sarah Omoregie (shot put & high jump); Bethan Gammon (discus); Ffion Palmer (hammer).  
**Silver:** Jessica Wadey (300m); Alisha Hayes (1500m); Sarah Omoregie (75m hurdles); Catrin Lord (long jump); Thea Willis (shot put & javelin); Elen Evans (discus & hammer).  
**Bronze:** Lara Culliford (200m); Caitlin Exton (800m); Katie LOng (1500m); Jasmine Wallace (3000m); Bethan Gammon (hammer).Individual performances of note included Jake Heyward's and John Cove's convincing wins in their events, Rhys Williams 47.51 400m and Sarah Omoregie's 10.35m shot put which is in line to be ratified as an inaugural Welsh Record at the end of the season (of course, she may do even better by then).

**Under 17 Boys:**  
**Gold:** Kristian Jones (100m & 200m); Jake Heyward (400m); Jac Smith (1500m); Harry Hillman (100m hurdles & long jump); Ryan James (400m hurdles); Ryan Grimwade (high jump); Owain Thomas-Jenkins (shot put & hammer).  
**Silver:** Hassan Abdi (400m); Aled George (800m); Ryan Grimwade (100m hurdles); Jordan Fender (long jump); Owain Thomas-Jenkins (javelin).  
**Bronze:** Jordan Fender (100m).

**Under 17 Women:**  
**Gold:** Rebecca Kennett (100m); Bethan Evans (800m & 1500m); Belinda Wallace (3000m); Lucy Cudihee (300m hurdles); Sian Smith (javelin).  
**Silver:** Rebecca Kennett (200m); Caitlin Norman (300m); Angel Powell (800m); Emily Griffin (1500m); Ceri Jones (shot put & discus & hammer).  
**Bronze:** Caitlin Norman (200m); Angel Powell (300m); Emma Ligthart (1500m).  
  
**Under 20 men:**   
**Gold:** Anax Da Silva (100m & 200m); Matthew Edwards (800m); John Cove (1500m); Matthew Collins (long jump & shot put); Matteo Holmes (shot put & discus & javelin); Jac Palmer (hammer);   
**Silver:** Iori Moore (200m); Charlie Walker (800m); Dafydd George (1500m); Matteo Holmes (hammer).  
**Bronze:** Iori Moore (100m); Matthew Collins (200m); Jacob Preece (800m); Lewis Brunt 1500m).

**East Wales:** James Williams (gold - javelin).

**Under 20 Women:**  
**Gold:** Sara Phillips (200m); Erin Hayes (800m); Kate Seary (1500m); Claire Taylor (100m hurdles & long jump); Tasia Stephens (javelin).  
**Silver:** Sara Phillips (100m); Rebecca Evans (1500m).

**Senior Men:**  
**Gold:** Daniel Dell (200m); Rhys Williams (400m); Gareth Warburton (800m); Ryan Cooper (400m hurdles); Brett Morse (discus); Ryan Leonard (javelin).  
**Silver:** Daniel Dell (200m); Mike Ward (800m).  
**Bronze:** Owen Haswell (800m); Aaron Thomas (javelin).

**East Wales:** Seriashe Childs (gold - 100m); Ricardo Childs (gold - long jump); Ashley Andrews (gold - hammer); Jason Copsey (gold - javelin).

**Senior Women:**  
**Gold:** Danielle Mill (200m); Aimee Hendrickson (400m).  
**Silver:** Danielle Mill (100m); Rebecca Nuttall (400m).  
**Bronze:** Tracey Hinton (100m); Molly Probert (400m).

**East Wales:** Bethan Strange (silver - 400m).

Congratulations to everyone that competed on such an awful day but let's say a big thank you to all the officials who worked so hard and got so wet.

## [Silver medal for Ciaran](http://www.cardiffaac.org/news/silvermedalforciaran.htm) Thursday 22 May 2014

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

Fiollowing his win in the Porthkerry 5 mile trail race, Cardiff's Ciaran Lewis travelled to Lancashire for the UK Inter-Counties Fell Running Championship on Sunday last, 18th May, and returned home with the silver medal. The gold went to Max Wharton of Yorkshire.

Ciaran (17) was representing South Wales in the under 18 men's race and, along with Kyle Davies (9th), also took the silver medal in the two-man team race.

This year's race was held in very hot conditions although, as the course was through woodlands on the mountainside, the athletes were shaded for most of the time. Ciaran likes the challenge of mountain running and has enjoyed other successes.  
  
He has now been selected to represent Wales in the home countries international which will be held on 1st June as part of the Karrimor Challenge in Keswick, in the Lake District. Other Cardiff athletes in the Welsh team are Rebecca Evans, Gwynnant Jones and Mike Kallenberg, with former Cardiff steeplechaser Dic Evans as the team manager.

Ciaran has also been selected by Wales in the under 18 team to travel to Arco di Trento in Italy for the World Youth Mountain Running Cup.

Congratulations to Ciaran.

## [Under 15s lead the way](http://www.cardiffaac.org/news/under15sleadtheway.htm) Tuesday 20 May 2014

[](http://www.cardiffaac.org/news/under15sleadtheway.htm)

The second round of the Welsh Junior League took place in Cwmbran on Saturday last, 17th May and, once again, Cardiff came second overall.

Lacking numbers in the under 11 and under 13 age groups, the under 15 boys and girls performed strongly, producing numerous winners.

With two round to go before the final in Brecon, Cardiff is well placed to challenge for the lead.

**The match result was:**

1. Cardiff Archers (1502 points)  
2. Cardiff AAC (1244)  
3. Newport H (959)  
4. Cwmbran H (711)  
5. Hereford & County AC (675)  
6. Blaenau Gwent AC (600)  
7. Rhondda AC (261)  
8. Aberdare VAC (229)

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/WA%20Jnr%20Lg%20May%2014.pdf)

**The team managers write:**

Today saw the second match of the Welsh Junior under 15 League - East Division, being held again at Cwmbran. Very different weather conditions this time provided glorious sunshine and a slight head wind towards the afternoon which rendered PBs a little difficult. 383 athletes (80 of which were Cardiff) turned up to compete.

Cardiff came second with 1244 points with Cardiff Archers taking first place with 1502 .

**Under 11 Girls**

A really good effort by a seriously depleted girl’s team saw Catrin Hockin better her Long Jump and Shot Put performances from the first match, along with great performances by Lilly Greggson in the long jump and Megan Hastings in both sprints events.

**Under 11 Boys**

The boys’ team shone as they achieved a great second place over all with some fantastic performances.  Ben Vincent and Jackson Dodds taking 1-2 in the long jump which along with Jackson’s 4th place in the 75m and 150m made for a great season debut.  Ben Vincent also took eight seconds off his previous WJL time in the 800m in an impressive 6th.  James Brindle took 1st in the shot and 2nd in the Javelin for the 2nd WJL meeting in a row. Points were also scored by Harvey Powell and Charlie Russell in order for the boys to finish 2nd overall; bring on Hereford for Match 3

**Under 13 Girls:**

The Under 13 girls brought home 2rd place for the team with notable performances as follows:

A great performance was seen by Issie Tustin who achieved a double first in the 100m and 200m (200m time of 28.35 (G1)).  Sofia Vella was back in action taking first place in the 1500m in a time of 5.19 (G3) with Emily Chirighin taking 2nd place with a new PB in 5.33 (G4). Sofia also came 3rd in the High Jump with 1.34m (G3). More PBs were seen with our throwers: Scarlett Russell brought home a fantastic 1st place in the Javelin gaining a new PB of 19.51 (G3).  Cassey Grimwade was 3rd in the Discus setting a new PB of 17.02m (G4).

Other points scorers for the team were - 100m and 200m: New comer Caitlin Leggett (15th)/(16th) respectfully, 800m: Bethan Elin Evans (6th) Bethany Gold (8th), 70mh: Catrin Jones -14.84 (P10) (7th), New comer Grace Leggett -15.91 (P10) (9th),  LJ: Sofia Vella 4.11 (G4) (6th) Scarlett Russell (12th), HJ: Catrin Jones - 1.25 (G4)(6th), Shot: Emmanuella Kone (11th), Cassey Grimwade (13th), Javelin: Cassey Grimwade -18.79 (G4).

The U13G relay team did really well with 2nd place : Issie Tustin, Scarlett Russell, Catrin Jones and Sofia Vella

**Under 13 Boys:**

On the warmest day of the year so far we had some hot performances by the U13 boys.  They continued a great start to the season coming 2nd for their age group for this fixture 2 of the WJL.

Highlights of the day were as follows:

Stand out performer has to be the talented Daniel John who had a superb day winning both the 200m in 27.96(G3) and 800m in 2.19 PB (G1) and also doing well over the hurdles where he was 4th, Well Done Daniel!  Rhys Morgan  brought home 4th place for the team in 1500m in 5.13 (G4) with Ben Steven Smith, another middle distance runner in the 800m, also doing well coming 6th. There was another stand out performance by Adam Mohsin, who is back to his best with a great winning performance in the high jump leaping 1.49m (G1).  He also had a great day throwing, with 2nd place in shot 6.75 and 3rd in discus 15.27.  Jonathan Gibson gained team points and a great PB in the high jump clearing 1.35m.  Sam Woods also had a good day, 2nd in long jump 4.07m and doing well in his running events. Another throwing star showing great potential is Tyler Santos who brought home 3rd for the team in the Javelin with a throw of 26.48m (G3) a PB and only less than a metre behind the winner.  He also gained team points for 5th in shot.  Carwyn Hastings, in his first fixture at U13’s, also gained valuable points for the team in 100m (9th), 200m (10th) and long jump (10th).

The relay team did well coming 4th with a very strong last leg by Sam Woods, new at U13s level.

Other point scorers for the team were: 100m: Sam Gwynne Carroll (15th), 1500m: Eli Scoble (13th) Javelin: Matthew Register (7th) Discus: Caerwyn Phillips (6th)

**Under 15 Girls :**

A great performance from Cardiff’s under 15 girls, taking 2nd place in their age group.  Notable performances were as follows:

Another debut performance in the Pole Vault saw Megan Hodgson bring home 1st place with a PB jump of 2.40m (G4).  Lana Culliford was 2nd in the 100m with Renne Moore in 3rd place.  Catrin Lord secured 2nd place in the 200m in 27.58 (G4) Lana was also 3rd in the 200m with 27.89 (G4). Jess Wadey brought home 3rd in the 300m with a PB of 44.68. Lauren Evans secured 1st place in the 75mh even though she had a knee injury.  Our 800m girls took 1st, 2nd and 3rd - Naomi Reid, Jess Wadey and Caitlin Exton. Abi Fisher secured 3rd place in the 1500m, the other point scorer was Rhian Jones with an 11 sec PB of 5.36. Catrin Lord again gained valuable points in the LJ coming 2nd with 4.89m (G2).

Our throwers did not disappoint with Elen Evans taking 1st in the Hammer followed by Beth Gammon in 2nd place securing a new PB of 21.32m. Elin was also 3rd in the Discus gaining more valuable points. Thea Willis brought home 2nd in the shot with 8.76 (G3) she also secured 3rd place and a new PB in the Javellin with a great throw of 27.30 (G2).

Other valuable point scorers for the club were: 100m: Renee Moore (3rd) 300m: Brogan Haggett (6th), 75mh: Gwen Vaughan Williams (8th), HJ: Hollie Williams (4th) with a new PB of 1.30m, LJ: Silva Brindle (6th), Javellin: Elin Glaves (9th)

Well done to our U15G relay team who secured maximum points with 1st place: Brogan Haggett, Caitlin Exton, Lana Culliford and Catrin Lord.

**Under 15 Boys**

The under 15 boys also had a brilliant day coming 2nd overall on the day

Notable performances were as follows:

James Vincent continues his fantastic form with a win in both 1500m (G3) and high jump where he equalled his PB jump of 1.70m (G1). James also begrudgingly took part in his first long jump event in over 2 years coming 3rd and smashing his PB with a jump of 5m (G4)!  We were very strong in the 1500m with Benji Edwards making a great debut for the club coming 2nd in 4.44 closely followed by Alfie Davies getting a PB 3rd in 4.56.  Ieuan Jones ran well and came 3rd in 800m 2.12 (G3) and had a storming run in the 300m coming 2nd in 41.04’ another PB. The Short brothers also did well gaining valuable points, Luke in 300m coming 4th and James in the 800m 6th.

Our sprinters hit the track well, Stephen Rhys Jones coming 6th 13.41 in 100m, and 5th in 200m 26.3.  Thomas Britt unfortunately had a nasty clash with a hurdle but that didn’t stop him as he went onto get points in long jump and run well in the relay.  Another athlete showing great potential is Joshua Lewis coming 8th in 200m 27.33 and doing well with his throwing events.

An absolutely fantastic day of performances by our U15B throwers continued throughout this fixture!  The fab three, Jay Morse, Thomas Hanson and Kieran Grimwade really are consistently great throwers and at nearly every fixture they attend, their PBs are getting better and better!  Jay was back in action in the Discus with a great throw of 34.04m (G2) which secured 1st place for the team, Tom came 3rd with 21.39.  Tom then went onto win the shot with a grade 1 throw of 12.51, Jay came second with a grade 4 throw of 10.30 .Next up was Kieran who won both javelin with a grade 1 throw of 38.95 and excelled again in Hammer, winning by a massive margin, throwing G2 42.65.  Thomas Hanson secured 4th place in the javelin at 23.96.

The U15B relay team had a great run securing 2nd place and featured: Stephen Rhys Jones, Thomas Britt, Tom Hanson and James Vincent.

Other points scorers for the team were: 100m: Cameron Pamment (14th) High Jump: Huw Ward (5th)

A special mention to two amazing team members Daniel McKerlich and Callum Russell, who are always willing to have a go at anything, sometimes at very short notice and always with a smile on their faces, these are the sort of guys who make this club special, thanks boys!

Congratulations to all that took part, you should all be proud of yourselves and we’re looking good for a wonderful season.

Thanks again to all the Parent helpers and officials.

Linda, Mark, Jo and Huw

## [UK best for David Omoregie](http://www.cardiffaac.org/news/ukbestfordavidomoregie.htm) Sunday 18 May 2014

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

Cardiff's David Omoregie is flying over the hurdles. In the Loughborough International today he set a new British record for the junior 110m hurdles of 13.23 seconds, the fifth fastest in the world of all time.

Afterwards, David commented that "Obviously it’s a really good time, and I think it’s the joint fastest in the world at the moment. I’m so happy with it; compared to last year I’ve just come on so much and it’s all credit to my coach – I’ve just got to keep it going all the way to Oregon now!”

The time places David equal with Wilhem Belocian of France (13.23) with Tyler Mason of Jamaica third.

This means that David is faster than Colin Jackson was at the same age and improves Colin's club record of 13.44, set in 1986.

Two further club records were set in Loughborough. Ryan Spencer-Jones returned to good form to win the shot put with an outdoors personal best of 18.32m and Brett Morse won the discus with 61.45m.

Rhys Williams had his first run of the year over the 400m hurdles to come second with 50.08 seconds while Jonathan Hopkins, in his second race over 3000m steeplechase, knocked a big chunk off his best to go under nine minutes with 8:59.01. In the 3000m flat, Mike Ward improved his best to 8:12.38, finishing an excellent 3rd.

Cardiff sprinters were busy, Dewi Hammond clocking 10.66 for fourth in the match 100m while Charlotte Wingfield won the women's 100m, race 3, in 11.98. In the men's 200m, race 3, Sam Gordon won in a personal best of 21.31 from Anax da Silva, second in 21.57 (also a pb) and Gareth Hopkins, 5th in 22.01. In the 800m, Joe Maynard was third in 1:49.86.

To view all the results from Loughborough, click [**HERE.**](http://lia.athletics-uk.org/)

## [Cardiff athletes pack team](http://www.cardiffaac.org/news/cardiffathletespackwelshteam.htm) Wednesday 14 May 2014

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

When the Welsh team to compete in the Loughborough International on Sunday next, 18th May, was announced yesterday, it looked almost as if the Cardiff men's team had been selected en bloc. Perhaps this was not surprising after the club's excellent outing in the BAL premiership on Saturday.

Nineteen men and three women will make the journey looking for good early season performances.

**The selected athletes are:** Dewi Hammond (100m); Lemarl Freckleton (200m); Owen Smith (400m); Joe Maynard (800m); Mike Ward (3,000m); Paul Bennett (400m hurdles); Jonathan Hopkins (3,000m steeplechase); Ricardo Childs (long jump); Gary White (triple jump); Ryan Spencer-Jones (shot put); Brett Morse (discus); Matthew Richards (hammer); Christian Malcolm, Gareth Hopkins, Anax da Silva, Sam Gordon (4x100m); Rhys Williams, Gareth Warburton, Daniel Dell (4x400m); Emily Brown (3,000m steeplechase); Annabelle Curle (high jump); Melissa Robets (4x400m).

In addition, David Omoregie is included in the Great Britain junior team and Rhys Wiliams will be representing Loughborough students..

## [Brilliant day for Cardiff men](http://www.cardiffaac.org/news/brilliantdayforcardiffseniors.htm) Sunday 11 May 2014

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

Cardiff's senior men's and women's teams excelled themselves at the Cardiff International Sports Stadium yesterday where, in difiicult weather conditions (a strong and gusty wind and occasional rain), the men's team came second in the opening round of this year's BAL Premiership Division and the women's team was third in their UK Women's Athletic League Division 2 match.

A separate report will follow on the women's team.

In a team competition, the contribution of every single team member is important as every point counts and it is invidious to highlight individual performances. However, that of David Omoregie stands out as, in his first ever race over the senior 110m hurdles he clocked, into a 2m/sec headwind, an outstanding 13.92 seconds which easily beats the qualifying time (14.62 over the senior hurdles) for the IAAF world junior championships later this year.

David also anchored the 4x100m relay to first place and for these performances was rewarded with Cardiff Athlete of the Match

It was also very encouraging to see in the Cardiff team a good number of younger athletes who have progressed steadily through the club ranks and are now competing for the senior team - and competing well.

Such as Jac Palmer (18), throwing the senior hammer in competition for the first time; Ryan Cooper (18), drafted in yesterday morning and coming an excellent third in the 400m hurdles B; Mike Ward (19) producing a storming finish to take second in the 1500m A; Matthew Edwards (19) also in the 1500m; Sam Gordon (19) third in the 100m B and an excellent second leg in the winning sprint relay; Anax Da Silva (18) third in the 200m B; and Ryan Leonard (20) third in the javelin B.

Elsewhere, Jonathan Hopkins was running the 3000m steeplechase for the first time - and won it. And Ryan Spencer-Jones (having an off day by his high standards) still entered the club record books with a 16.94m shot put. Decathlete Curtis contributed valuable points by contesting three events and Gary White was on good form to win the triple jump.

All in all, it was a great performance by the TEAM which, after such a good start, should have the confidence to know that it can more than hold its own in the top flight and go from strength to strength.

In praising the athletes, we must not forget the sterling work done behind the scenes by the team management group of Tim Fry, Mike Guest and, especially, Kay Chapman for her work in the days and weeks before.

Thanks and congratulations also go to Debbie Bull for leading the overall organisation of this fixture and to the stadium staff and officials for coping with the conditions.

The full results can be viewed [**HERE**](http://www.cardiffaac.org/files/BAL%20Cardiff%2010%205%2014.pdf).

**The match score was:**

1. Shaftesbury Barnet H (384 points)  
2. Cardiff AAC (288)  
3. City of Manchester (272)  
4. City of Sheffield (267)  
5. Enfield & Haringey (255)  
6. City of Liverpool (240)  
7. Birchfield H (237)  
8. Newham & Essex Beagles AC (224)

The next round is at Alexander Stadium, Birmingham, on 7th June.

## [Promotion beckoning?](http://www.cardiffaac.org/news/promotionbeckoning.htm) Sunday 11 May 2014

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

Not to be outshone by the men, Cardiff's senior women's team produced an excellent performance yesterday to finish in third place in the first round of this year's UK Women's Athletic League Division 2 contest.

With new team manager Sharon Heveran (herself a former Irish international high jumper - and holder of the club record) bursting with enthusiasm and supported by new ladies' captain Rhiannon Linington-Payne, the team was a mere 14 points behind second place and could easily bid for promotion to Division one (the top two teams are promoted) by the end of the three match series.

Sharon writes,

"13 unlucky for some?   
  
With a starting line up of only thirteen athletes and gale force winds promised, Saturday was not shaping up to a be great day on paper! But, as usual, the team was full of determined young women ready to do Cardiff AAC proud.  
The thirteen Cardiff dragons (dragonettes?) braved the elements, which were brutal winds and hammering rain, managed three A string wins six second places and two thirds; with numerous other respectable performances.   
The B strings were not to be outdone, racking up four wins. Our field and sprints were strong but with a reduced force in the middle distanceswe were lacking and lost a lot of points.   
Outstanding performances came from Annabell Curle jumping a personal best high jump of 1.72m putting her top of the Welsh senior rankings at age 17, Zara George who also produced a personal best in the 100m of 12.18 seconds which puts her fourth in the Welsh rankings and Emma Pullen who ran an excellent 400m A to win and push GB international Victoria Ohuruogo into second place.

Selecting the athlete of the match was a tough decision which couldn't be narrowed down to just one athlete. Outstanding team performances came from athletes such as Amy De Beaux, Vicky Lloyd, Beth Sewell and Lucy Griffiths, all competing in three events. There were also great performances from the junior members of our team Georgia Morgan & Rebecca Evans, making their UKWAL debuts . But the final choice came down to Elinor Lewis & Charlotte Wingfield who couldn't be separated, both doing their chosen events plus extras. And then finishing off their day by taking part in both the 4 x 100m and the 4 x 400m relays.   
  
We finished in third place just 14 points off second, a place we aim to be after the next match as we have a strong team lined up. I'm looking forward to losing my voice all over again and supporting our team of exceptional individuals who form an awesome team."

**The match score was:**

1. Bristol & West AC (235 points)  
2. Newham & Essex Beagles (197)  
3. Cardiff AAC (183)  
4. Havering AC (168)  
5. Reading AC (162)  
6. City of Portsmouth (134)  
7. Marshall Milton Keynes (122.5)  
8. Herne Hill Harriers (111.5)

The full results can be viewed [HERE.](http://www.cardiffaac.org/files/UKWAL%2010%205%2014%20Cardiff.pdf)

The next round is at Newham on 8th June.

## [Top challenges for seniors](http://www.cardiffaac.org/news/topchallengesforseniors.htm) Friday 9 May 2014

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

Cardiff's senior men's and women's teams start their 2014 campaigns tomorrow at the Cardiff International Sports Stadium when the first rounds of the British Athletics League and UK Women's Athletics League are contested.

The men, in the premier division of the BAL, will be up against the best club teams in Britain and will be looking to consolidate their position at that level. The women, in division two, will be hoping for a good start that could lead to promotion at the end of the season.

Team managers Tim Fry and Sharon Heveran are quietly optimistic that their teams will do well.

In the men's team, junior star David Omoregie will be taking on the senior 110m hurdles for the first time and will be hoping for good conditions while Ryan Spencer-Jones will be making his club debut in the shot put and discus.

This competition is very important so come along and support Cardiff. The first event is at 11.00am with the final relay at 5.30pm.

And, GOOD LUCK to both our teams.

## [21 PBs at Millfield BMC](http://www.cardiffaac.org/news/21pbsatmillfieldbmc.htm) Wednesday 7 May 2014

[](http://www.cardiffaac.org/news/21pbsatmillfieldbmc.htm)

A large contingent of Cardiff athletes travelled to Street in Somerset on Monday, 5th May, in search of good performances and returned with a string of personal best times.

April's athlete of the month John Cove improved his 1500m time to 3:54.25 while ten year olds Iwan Smith and Ben Vincent followed his example.

In fact, twenty one of the twenty seven who travelled set personal records and those who didn't came close.

**The full list of personal bests is:**

**800m (men):**  Jake Heyward (15 - 1:56.41); Nick Jones (17 - 2:00.49); Charlie Walker (18 - 1:56.27); Hassan Abdi (16 - 1:56.49); James Vincent (14 - 2:05.58); Ben Smith (11 - 2:36.56); Iwan Smith (10 - 2:46.96); Ben Vincent (10 - 2:53.14).

**800m (women):**  Emma Ligthart (15 - 2:22.34); Naomi Reid (13 - 2:22.70 outdoors); Caitlin Exton (14 - 2:22.72); Sofia Vella (12 - 2:32.20 outdoors); Georgia Cole (15 - 2:30.81); Megan Cole (12 - 2:38.87).

**1500m (men):**   John Cove (17 - 3:54.25); Ieuan Handley (16 - 4:11.45); Lewis Brunt (17 - 4:22.59); Jac Smith (15 - 4:35.36); Benji Williams (14 - 4:47.28).

**1500m (women):**  Zoe Hamm (12 - 5:35.22).

**3000m (men):** Mike Ward (19 - 8:16.82).

The full results can be viewed [**HERE.**](http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=972)

## [Club records at Welsh League](http://www.cardiffaac.org/news/clubrecordsatwelshleague.htm) Tuesday 6 May 2014

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

Two new club records were set at the Senior Welsh League and open competition held in Cardiff on Sunday last, 4th May.

Brett Morse, looking for a loosening up competition before competing in the IAAF Diamond League in Doha on Friday, threw the discus a modest (for him) 60.45m to improve his own club record. Meanwhile, Jac Palmer improved his own under 20 hammer record to 64.23m.

Elsewhere, David Omoregie set a legal personal best of 10.87 for the 100m (into a -2m/s wind) and Anax Da Silva also improved his legal best to 10.85.

**Other Cardiff winners were:**

Anax Da Silva (200m heat 1); Lori Moore (200m heat 3); Ryan James (200m heat 4); Elliot Slade (800m heat 2); Melissa Roberts (100m heat 3 and 200m heat 3); Samantha Gamble (200m heat 2); Rebecca Kennett (200m heat 4); Curtis Matthews (long jump); Aled Davies (senior men shot put); Ryan Grimwade (U17 shot put)  and Matthew Richards (SM hammer).

The competitions were held in good conditions except for the gusting wind.

To view the full results, click on [**RESULTS.**](http://www.cardiffaac.org/files/WA%20Senior%20League%20May%2014.pdf)

## [Team off to a good start](http://www.cardiffaac.org/news/youngerukydlteamofftoagoodstart.htm) Monday 5 May 2014

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

Cardiff's UK Youth Development League (younger age group) team got off to an excellent start in the first round of this season's league, held at Swansea on Saturday last, 3rd May.

Up against the best teams in the Midlands Premier division, Cardiff finished in a good third place, ahead of Birchfield Harriers and only ten points behind second placed Rugby & Northampton AC; and this despite a number of absences in the boys' team.

Notable amongst Cardiff's winners were Sarah Omoregie's triple and doubles from James Vincent, Lauren Evans and Alice Cuddihee.

**The match score was as follows:**

1.  Swansea H & AC (553.5 points)  
2.  Rugby & Northampton AC (486)  
3.  Cardiff AAC (476)  
4.  Birchfield Harriers (451)  
5.  Charnwood AC (444.5)  
6.  Solihull & Smallheath AC (330)

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

**Under 15 boys:** James Vincent (800m A & high jump A); Jay Morse (discus A); Kieran Grimwade (hammer A).

**Under 15 girls:** Sarah Omoregie (75mH B, shot put A, high jump A); Lauren Evans (75mH A & high jump B); Anwen Gammon (1500m B); Catrin Lord (long jump B).

**Under 13 girls:**  Alice Cuddihee (javelin B & shot put A); Cassey Grimwade (javelin A); Sofia Vella (high jump A).

There can be no doubt that, with a full team, Cardiff is more than capable of winning this division of the league. With three matches left, let's go for it.

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/UKYDL%20Lower%20May%2014.pdf)

## [Junior team starts well](http://www.cardiffaac.org/news/juniorleagueteamstartswell.htm) Thursday 1 May 2014

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

Cardiff's Welsh Junior League team got off to a good start to the season at Cwmbran last Saturday, 26th April, finishing second overall in the team rankings but with the under 15 boys' and girls' age groups winning strongly.

The event was held in reasonable weather conditions, although with a difficult wind and occasional showers, unlike the West Wales fixture in Carmarthen that had to be abandoned early in the afternoon.

Cardiff scored 1151 points with Cardiff Archers taking 1st place with 1427.

The full results can be viewed [**HERE.**](http://www.cardiffaac.org/files/WA%20Jr%20Lg%20April%2014.pdf)

**Under 11 Girls:**

A really good start to the season for many athletes who were competing in their first ever meeting, some standout performances were Lilly Gregson with a great 3rd place in the shot put and Ffion Henderson with 4th in her 800m heat and 7th overall in a strong field, the relay team also did very well and more importantly finished the day with smiles on their faces looking forward to the next race meeting.

**Under 11 Boys:**

A great 2nd placed finish for the boys team with some great performances from some new Cardiff talent, a massive well done to James Brindle for taking 1st in the Shot put with 6m 45cm and then took 2nd placed in the Javelin, Ben Vincent took a very respectable 5th in the long jump along with strong performances in the 75 and 800m, Big thanks to Charlie Russell who stepped in last minute to help us field a relay team earning us important points.

**Under 13 Girls:**

The Under 13 girls brought home 3rd place for the team with notable performances as follows:

A great performance was seen by Sofia Vella, who brought home a double first in the 200m and 800m. Another great performance was seen by Emily Chirighin who was 1st in the 1500m. A fantastic performance by Cassey Grimwade, who gained a new PB  of 21.10m and 1st place in the Javelin, also a G3 standard. Scarlett Russell also brought home 3rd in the Javelin with a throw 18.45m (G4).

Other points scorers for the team were: 100m: Emmanuella Kone (15th), 200m: Scarlett Russell (12th) 800m: Bethan Elin Evans (10th) LJ: Scarlett Russell (10th), Emily Chirighin (16th), Shot: Cassey Grimwade (4th), Emmanuella Kone (7th),

**Under 13 Boys:**

The U13 boys got off to a great start to the season coming 2nd for their age group with 204 points.  Notable performances were as follows:

Max Long brought home 3rd place for the team in 800m closely followed by Eli Scoble in 4th. In the 1500m Louis Spencer was 4th in a time of 5:23:49 (P10). Jonathan Gibson had a great performance coming 2nd in the Long Jump with 4.41m (G3). He also came 4th in the HJ with 1.25m (P10 standard).  Another good performance was seen by Adam Moshin, who came 1st in the Discus with 18.41 (G4). He was also 2nd in the Shot with 6.97m (P10).  Tyler Santos brought home 4th for the team in the Javelin with a throw of 21.82m (G4).

Other point scorers for the team were: 100m: Jonathan Gibson (11th), Tyler Santos (19th) 200m: Max Long (9th), Eli Scoble (14th) 1500: Caerwyn Phillips (10th) LJ: Tyler Santos (13th) Shot: Max Long (7th) Javelin: Adam Moshin (8th) Discus: Caerwyn Phillips (8th)

**Under 15 Girls :**

A great performance from Cardiff’s under 15 girls, taking first place in their age group with 313 points.  Notable performances were as follows:

In her debut performance Lois Hillman brought home 1st place for the team in the Pole Vault setting a new PB of 2.00m (G10). Lana Culliford, new to the U15s, took an impressive 1st in the 100m with a time of 13.47 (G4); Lana also gained valuable points in the 200m coming 3rd. Rhian Jones had a good run in the 800m to bring home 3rd closely followed by another newcomer to the U15 girls team Menna Hill who was 4th. Lauren Evans took first place in the 75m Hurdles in 12.64, 2nd in the Long Jump with 4.82m (G3 in both events) and 2nd in the Shot with 8.37m (G4). Jess Wadey, although under par, soldiered on to come 2nd in 1500m. In the Hammer Elen Evans brought home 1st place with a great throw of 30.51m (G4), whilst Beth Gammon, also new to U15s, came an impressive 2nd place. Beth also came 3rd in the Discus with another great of throw of 21.89m (G4). The Under 15 girls Relay team consisting of Lauren Evans, Jess Wadey, Lana Culliford and Caitlin Exton brought home 2nd place.

Other valuable point scorers for the club were: 100m: Catrin Lord (4th) – a special thanks to Catrin who was underpar all day and struggling with fatigue. 200m: Renee Moore, (8th)  300m: Caitlin Exton (4th) and Alisha Hayes (8th)1500m: Laura Wright (8th)  LJ: Silva Brindle (8th)  75mh: Hollie Williams (6th) also (4th) in HJ,  Shot: Thea Willis (4th) Discus: Elen Evans (6th) Javelin: Elin Glaves (5th) Thea Willis (6th).

**Under 15 Boys**

The under 15 boys gave a great performance bringing home 1st place for the team with 281.

Notable performances were as follows:

James Vincent had a storming run in the 800m to bring home 1st place in a time of 2:13 (G4). Also in the 800m with another great run was new comer to the U15s, Seth Kelly, who came 4th. Great performances by the 1500m boys, as Ieuan and Rhys Jones battled it out for first place, followed by Alfie Davies. Ieuan was 1st with a time of 4:45 (G4) with Rhys in 2nd place with a time of 4:46 (G4). Alfie made it a triple coming in 3rd for the team.

Thomas Britt brought home 2nd in the 80mh with another great performance. In the High Jump James Vincent was back in action winning 1st place with a G3 jump of 1.60m. Outstanding performances were seen by our U15B throwers! Jay Morse was back in action in the Discus with a great throw of 32.17m (G3) which secured 1st place for the team.  He also brought home another 1st in the Shot with 10.28m (G4) and was 3rd in the Javelin. Jay was closely followed by Seth Kelly who brought home 2nd with a throw of 10.15m (G4). Kieran Grimwade also had a fantastic start to the season with two G2 performances of 41.65 in the Hammer gaining 1st place for the team and 32.25 in the Javelin to gain 2nd place.

The U15B relay team had a great run securing 2nd place and featured: Stephen Rhys Jones, Ieuan Jones,  Rhys Jones and Thomas Britt.

 Other Point scorers for the team were: 100m: Stephen Rhys Jones (5th) Thomas Britt (6th) 200m: Stephen Rhys Jones (5th) James Vincent (6th) 300m: Rhys Jones (4th) Dan McKerlich (6th) LJ: Thomas Britt (6), Cammeron Pamment (10th) Discus: Dan McKerlich (7th)

We would like to say a big thank you to  all the athletes for their commitment and effort today and a big thank you to all the parents that helped out with official duties, without which there would be no competition!

Look forward to round 2!

Linda, Mark, Jo and Huw

## [Academy off to a flying start](http://www.cardiffaac.org/news/academyofftoaflyingstart.htm) Tuesday 29 April 2014

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

Cardiff's brand new Academy for young athletes got off to a great start last night with an enthusiatic group of Academy members enjoying their first session and wearing their smart new Academy T-shirts.

Sessions for mainly under 11 members take place on Mondays and for the under 13s on Thursdays.

Last night's session was directed by Welsh Athletics network officer Ryan Spencer-Jones who led a mass warm up followed by shuttle relays that even the coaches joined in and enjoyed.



It is already obvious that there are some talented athletes in the Academy who will benefit from the coaching and competition opportunites that they will receive.

## [Welsh League reminder](http://www.cardiffaac.org/news/welshleaguereminder.htm) Monday 28 April 2014

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

Can anyone who is intending to compete at next Sunday's (4th May) Welsh League and open meeting, please inform track and field chairman Andrew Seary ([andrew.seary@ntlwotld.com](mailto:andrew.seary@ntlwotld.com)) as soon as possible?

This is required for pre-registration and seeding purposes and he needs name, age group and event personal best.

Events are available for age groups under 17 and Under 20/senior and up to six athletes per club can enter.

## [UKY Development league](http://www.cardiffaac.org/news/ukyouthdevelopmentleague.htm) Monday 28 April 2014

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

The club's UK Youth Development League (upper age group) team travelled to Stoke on Sunday for the first of this year's series.

With a heavily depleted squad, the team finished sixth and need to produce much stronger teams if is to avoid relegation.

The athetes who travelled performed valiantly but could not make up for the many events where we could not field a competitor.

Team Managers Debbie Bull and Andrew Seary, not to mention the athletes who supported the team, will have felt let down by the absentees.

The club still managed to produce event winners:

**Under 20 men:**  Matthew Collins (long jump A); Gage Francis (long jump B & triple jump A); Jonathan Bailey (high jump A); Tom Trotman (high jump B); David Callan (pole vault A).

**Under 17 men:**  Harry Hillman (100 hurdles A & high jump A); Ryan Grimwade (pole vault A).

**Under 20 women:**  Rebecca Evans (1500m A).

**Under 17 women:**  Bethan Evans (1500m A).

**The match result was:**

1. Marshall Milton Keynes (658)  
2. Tean D&C composite (649)  
3. Wolverhampton & Bilston (577)  
4. City of Stoke AC (440)  
5. Cheltenham & County AC (388)  
6. Cardiff AAC (319)

To view the results, click [**HERE**.](http://www.cardiffaac.org/files/YDL%20UAG%20Results%20Stoke%2027%20April%202014.pdf)

## [Key job for James](http://www.cardiffaac.org/news/keyjobforjames.htm) Friday 25 April 2014

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

Cardiff's James Williams has landed a key position within Welsh Athletics as he was today announced as the new Head of Operations with wide ranging reponsibilities.

Chief Executive Officer, Matt Newman, said: “James was the outstanding candidate at interview and we are all looking forward to him joining the leadership team".

This new position has been created as part of a reorganisation of the top level administration and gives James responsibility for the overall administration of athletics' governing body in Wales, reporting directly to the chief executive.

This is an exciting time for James, who is also part of the team management for the Welsh Commonwelth Games team. Not only this but, tomorrow, he gets married to Imogen Miles and we also wish them every happiness together.

James has been an important member of Cardiff AAC, both as an athlete and as the British Athletics League team manager, having steered the club's senior men's team back into the premier division. He will miss the team's first outing this year (in Cardiff on 10th May) as he returns from his honeymoon that day.

James has promised not to break his link with the club despite his new responsibilities, which he will take up formally in June.

Many congratulations to James and good luck in your new position.

## [Entry deadlines](http://www.cardiffaac.org/news/entrydeadlines.htm) Thursday 24 April 2014

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

This is a reminder to let everyone know that the deadline for entries to the Regional Track & Field championships (to be held in Cardiff on Saturday 24th May) is the week after next on Thursday 8th May. Late entries will not be accepted so make sure that your entry gets in on time.

The deadline for the Welsh Senior Championships (Cardiff on 31 May and 1st June) is 15th May, for the U17 & U20 championships (Wrexham on 14th June) it is 29th May and for the U13 & U15 championships (Swansea on 3rd August) it is 17th July.

These dates will come around quickly.

## [Welcome to Brett and Ryan](http://www.cardiffaac.org/news/cardiffwelcomesbrettandryan.htm) Tuesday 22 April 2014

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

Cardiff AAC is delighted to welcome leading British throwers Brett Morse and Ryan Spencer-Jones as members.

For Brett, who was brought up in Penarth, it is a home-coming of course as he joined Cardiff as a junior and was an important member of the Young Athletes League team. After spending a few years with premiership club Birchfeld Harriers, Brett has decided to re-join his home club and everyone is delighted to see him back.

Ryan is a Welsh Athletics Network officer and spends a great deal of his time helping Cardiff AAC with its future development. He has played a key role in the creation and launch of the Cardiff Athletics Academy and felt that it was a logical move to join the club as a competitor.

Brett and Ryan will strengthen the club's British Athletics League team although it is accepted that their international commitments will take priority. As Britain's leading discus thrower, Brett has already received invitations to the IAAF Diamond League events in Doha and Rome.

Brett (still only 25) has already reached the top of British discus throwing and, with a best of 66.84m holds the second best ever throw by a British athlete. He is a regular in the GB team and has competed in the Olympic Games, Commonwealth, World and European Championships. In 2013, he was ranked the fifth best in Europe. Naturally he is also the Welsh record holder.



Ryan (27) has already thrown a personal best outdoor shot putt of 18.11m this year (he has a best of 18.66m indoors), which places him second in the UK rankings. He represented Wales in the 2010 Commonwealth Games and is certain to be selected for this year's Games in Glasgow. Ryan will be wearing a Cardiff vest for the first time on 10th May when the club hosts the first round of this year's British Athletics League premier division series in Cardiff International Sports Stadium.

A very warm welcome to Brett and Ryan and we hope that they will both have a long and enjoyable relationship with Cardiff AAC.

## [Another track season](http://www.cardiffaac.org/news/anothertrackseason.htm) Wednesday 16 April 2014

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

With a welcome improvement in the weather, another track and field season is about to start.

The season will kick off in Cwmbran a week Saturday (26th) with the first round of the Welsh Junior League and, the following day (Sunday 27th), the older age group team of the UK National Development League travels to Stoke.

Fixtures then come thick and fast with the younger UK Development league on 3rd May, the Welsh Senior League on 4th May and then, on Saturday 10th May, Cardiff will host the first rounds of the British Athletic League and the UK Women's League

The first rounds of these competitions are very important as they set the standards for those that follow, so it is essential that all athletes support these events and compete when selected. But, don't forget that your Welsh Athletics registration fee needs to have been paid (to the club).

All club teams will be striving to maintain or improve their positions and all eyes will be on the senior men's team which will be taking on the best club teams in the UK in the premier division of the British Athletics League. It would be good if club members came along on 10th May to support the senior men and women.

Please keep in touch with your team managers and let them know in good time of your availability.

**The Welsh Junior League team managers are:**

U11 Boys and Girls -  Huw Phillips  [welshblue@me.com](mailto:welshblue@me.com)

U13 and U15 Boys –  Mark and Jo Vincent  [mark.vincent71@ntlworld.com](mailto:mark.vincent71@ntlworld.com)

U13 and U15 Girls - Linda Exton  [linda@cardiffreflexology.co.uk](mailto:linda@cardiffreflexology.co.uk)

**The UK Youth Development League team managers are;**

U13 + U15 Boys - Gareth Owens  [gareth.owens@me.com](mailto:gareth.owens@me.com)

U13 + U15 Girls -  Steve Lord [steve.lord1966@gmail.com](mailto:steve.lord1966@gmail.com)

U17 + U20 Boys – Debbie Bull  [debbiebull\_123@msn.com](mailto:debbiebull_123@msn.com)

U17 + U20 Girls -  Andrew Seary [andrew.seary@ntlworld.com](mailto:andrew.seary@ntlworld.com)

For further information on each league event, go to [**Track & Field Events Leagues**](http://www.cardiffaac.org/fixturearchive/fixtures2014/trackandfieldevents2014/leaguefixtures.aspx).

[**Mini marathon champs**](http://www.cardiffaac.org/news/minimarathonchamps.htm) **Sunday 13 April 2014**

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

Cardiff's John Cove produced a superb performance in today's London Mini Marathon to place 6th out of 275 finishers and help his Welsh team to equal first place in the British Athletics Under 17 Road Championships. Close behind in the scoring team was Ciaran Lewis in 22nd and Nick Jones was 64th.

Other excellent performances came from Jake Heyward who was 13th in the under 15 boys' race and Abi Fisher who was 22nd in the under 13 girls' race.

With almost 300 runners finishing in each of the mini marathons, to come anywhere in the first 50 or so was good running.

From left to right in the picture of the Welsh under 17 team are: Iolo Hughes, Ciaran Lewis, Christian Lovatt, John Cove, Nick Jones and Mark Jones.

Other Cardiff placings were:

Under 15 boys: Rhys Jones (71).  
Under 13 boys: Daniel John (77).  
Under 17 women: Erin Hayes (85).  
Under 15 girls: Bethan Evans (53).  
Under 13 girls: Annwen Gammon (33); Jessica Wadey (42); Kiara Frizelle (59); Sofia Vella (72).

The mini marathon is run over the last 3 miles of the London Marathon course, finishing in the Mall and, this year was held in near perfect conditions with a cloudless sky but not too warm.

Well done.

## [Fastest relay leg for Ieuan](http://www.cardiffaac.org/news/fastestrelaylegforieuan.htm) Sunday 6 April 2014

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

Cardiff's Ieuan Thomas (pictured on the left) produced the equal fastest long leg of the day at the National 12 stage road relay championships held at Sutton Park, Solihull, yesterday.

Running the first leg, Ieuan brought the Cardiff team home to the first hand-over in first place alongside Andrew Butchart of Central AC, both athletes being timed at 24:20.

On the short legs, Tom Marshall ran the 13th fastest and Mike Ward the 18th.

Sadly, despite having come second in last year's race, injuries to key runners had meant that Cardiff was unable to finish a full team of twelve runners and their race ended at Alex Donald's 11th stage, at which point of the race Cadiff was in a highly creditable 18th position out of around 60 teams.

Meanwhile, Kevin Seaward made his marathon debut in the Greater Manchester Marathon, finishing third in a good time of 2:18:46. This time would have placed Kevin, who is Irish but runs for Cardiff, fourth on the latest UK rankings.

## [Commonwealth qualifier](http://www.cardiffaac.org/news/commonwealthqualifierforadam.htm) Sunday 6 April 2014

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

Cardiff's Adam Bitchell set a personal best time of 28:50.43 for the 10,000m at the Stanford Invitational meet in California on Friday last, 4th April.

This time gives him the Welsh A qualifying standard set for this year's Commonwealth Games by a long way, the standard having been set at 29 minutes.

Adam is studying at New Mexico University and is coached by World Masters indoor triple champion James Thie.

## [Mini Marathon challenge](http://www.cardiffaac.org/news/minimarathonchallenge.htm) Friday 4 April 2014

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

Fourteen Cardiff athletes have been chosen by Welsh Schools to take part in the Virgin mini-marathon in London on 13th April.

The mini marathon is the curtain raiser held over the final three miles of the official London Marathon course, finishing in front of the VIP stands in The Mall. Olympic champion Mo Farah, making his debut in the Marathon itself, is himself a former winner of the mini-marathon.

The chosen Cardiff athletes are:

Under 17 men: Nick Jones, John Cove and Ciaran Lewis.  
Under 15 boys: Jake Heyward and Rhys Jones.  
Under 13 boys: Daniel John.  
  
Under 17 women: Erin Hayes and Kate Seary.  
Under 15 girls: Bethan Evans.  
Under 13 girls: Annwen Gammon, Kiara Frizelle, Jessica Wadey, Abi Fisher and Sofia Vella.

There is also a team event in each of the age groups (6 athletes to run and 4 to score) and 5 of the Under 13 girls' team are from Cardiff.

The Welsh Schools group will travel up to London on Saturday, 12th, in time for the start of the mini-marathon at 9 o'clock on Sunday morning.

Good luck and enjoy the experience.

## [Triple world champion](http://www.cardiffaac.org/news/tripleworldchampionjames.htm) Monday 31 March 2014

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

Cardiff's former club captain and British international athlete James Thie (35) travelled to Budapest last week for the World masters indoor championships and returned home after winning an astonishing three gold medals.

James' gold rush started last Thursday (27th) with victory in the M35 3000m in a time of 8:20.84. He returned the following day to win the M35 800m with 1:53.56. On Saturday, James won his heat of the M35 1500 to qualify for the final on Sunday when he clinched his third gold medal.

What a performance. Well done James.

[**David clinches scholarship**](http://www.cardiffaac.org/news/davidclinchesscholarship.htm) **Tuesday 25 March 2014**

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

Things keep getting better for Cardiff's rising star David Omoregie.

David's performances and potential have caught the eyes of the Ron Pickering Memorial Fund trustees and he has been selected as one of the first five recipients of the Jean Pickering Olympic Scholarships which were established to support athletes in their progress to Rio 2016.

he special fund will be distributed to the five selected athletes over the period to Rio 2016 and the other four lucky recipients are Zane Duquemin (Shaftesbury H), Chris Kandu (Enfield & Haringey), John Lane (City of Sheffield) and Sophie Papps (Windsor, Slough & Eton).

In selecting the recipients it was very important that the award makes a real difference to their development and focussed on athletes from less financially strong environments or with a specific need to help them get to the next level. The funds will be used for athlete development and support costs with further support from the RPMF in the form of guidance, advice and mentoring on their individual journeys.

Jean Pickering was often called the Fairy Godmother of British athletics and served the sport in so many ways over her lifetime, particularly through her work for the Ron Pickering Memorial Fund. Jean sadly passed away one year ago today and it is with pride that the fund has created the Jean Pickering Olympic Scholarships with an initial £62,500.

Jean and Ron Pickering had close associations with Wales as Ron was Welsh National Coach and guided Lynn Davies to his Olympic gold medal in 1964. Their son Shaun was born in Wales and represented Wales on many occasions, including the Commonwealth Games.

The Ron Pickering Memorial Fund was formed by Jean Pickering in 1991 following the death of her husband Ron, the BBC sports commentator and athletics coach. The RPMF supports many of Britain's most talented athletes aged 15- 23 with financial grants totalling tens of thousands of pounds each year.

Cardiff athletes are almost always included amongst the annual grants recipients and this year was no exception with Jac Palmer and Harry Hillman both receiving help.

## [Third spot for Mike](http://www.cardiffaac.org/news/thirdspotformike.htm) Sunday 23 March 2014

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

Cardiff's Mike Ward was an excellent third in a close finish to the under 20 men's race at the Home Countries international cross country at Wollaton Park, Nottingham, yesterday, 22nd March.

Only narrowly beaten for second place, Mike led the Welsh team to third place.  
  
  
  
In the same race John Cove was 16th, Ciaran Lewis 25th and Nick Jones 30th (representing Welsh schools).

In the under 20 women's race, Kate Seary was 13th, Rebecca Evans 18th and Erin Hayes 29th, while, in the senior men's race jonathan Hopkins was 14th.

Also yesterday, in Bolton, Cardiff athletes were representing Welsh Schools in the SIAB cross country international. The results can be viewed by clicking on [**RESULTS.**](http://www.cardiffaac.org/files/SIAB%20XC%202014.pdf)

## [Gwent League champions](http://www.cardiffaac.org/news/gwentleaguechampions.htm) Friday 21 March 2014

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

The Gwent Cross Country league has announced its awards for the 2013-14 season and Cardiff athletes have received numerous individual and team prizes.

Particularly pleasing is the overall junior club championship plate for all age groups from under 20 down.

Individual titles went to James Thie (senior men), Ffion Price (under 23 women), Emily Chirighin (novice girls), Ciaran Lewis (under 17 boys), Rhys Jones (under 15 boys) and Elliot Richards (junior men).

## [Cardiff dominates relays](http://www.cardiffaac.org/news/cardiffdominatesrelays.htm) Monday 17 March 2014

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

On a glorious Spring day yesterday, Sunday 16th March, in the new venue at Pontypridd's Ynysangharad Park, Cardiff AAC teams won a hatful of medals in the annual Welsh Athletics road relays.

The day started with Emily Chirighin's clear win in the under 11 girls'race (the under 11 races are not relays) and ended with the senior men's commanding win by over a minute in their event, thus retaining the title that they won last year.

Other gold medal winning teams were the under 13 girls, under 17 women and under 17 men.

However, with several teams in most of the races, Cardiff AAC collected silver and bronze medals as well.

The roll of honour is as follows:

Under 11 girls' race: Emily Chirighin (gold).

Under 13 girls relay: Gold - A team (Annwen Gammon; Jessica Wadey; Abigail Fisher; Kiara Frizelle). The B team was 8th.

Under 13 boys' relay: 4th (A team); 5th (B team).

Under 15 girls' relay: Gold - A team (Emily Griffin; Gwenno Waddington; Megan Bowen; Naomi Reid): The B team was 5th.

Under 15 boys' relay: Bronze - A team (Rhys Jones; James Vincent; Jac Smith).

Under 17 women's relay: Gold - A team (Anna Lawson; Rosie-May Thompson; Katherine Steggles).

Under 17 men's relay: Gold - A team (Ciaran Lewis; Nicholas Jones; John Cove): Silver - B team (Ieuan Handley; Lewis Brunt; Hassan Abdi). The C team was 4th and the D team was 5th.

Senior Women's relay: The A team was 10th and the B team was 11th.

Senior Men: Gold - A team (Carwyn Jones; James Thie; Ieuan Thomas; Tom Marshall). The B team was 5th.

Fastest legs were achieved by Annwen Gammon, Naomi Reid, Rosie-May Thompson, John Cove and Ieuan Thomas.

It was great to see such a good turn-out of Cardiff vests - congratulations to all.

To view the results (which may be subject to correction), click on [**RESULTS.**](http://www.cardiffaac.org/files/2014-road-relays-results.pdf)

A selection of photographs taken at the championships is now available in [**GALLERIES.**](http://www.cardiffaac.org/galleries/default.htm)

## [Another award for Tanni](http://www.cardiffaac.org/news/anotherawardfortanni.htm) Friday 14 March 2014

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

Cardiff AAC life member Tanni Grey-Thompson is one of a select band of Welsh men and women who have been honoured in the inaugural St David Awards for "extraordinary achievements".

Following her career as one of the first superstars of Paralympic athletics, Cardiff born Tanni has gone on to become one of the country's leading spokespersons for disabled sport. Born with spina bifida, Tanni has been wheelchair bound from an early age but overcame her disability with outstanding success as her 15 medals (11 gold) at the Paralympic Games testify.

After her retirement from active sport she was elevated to the House of Lords as Baroness Grey-Thompson where, as a cross bencher, she speaks as an expert on the needs of the disabled.

Tanni was helped in the early days of her career by Cardiff AAC coaches and we are proud to count her as one of our life members.

## [Indoor PBs](http://www.cardiffaac.org/news/indoorpbs.htm) Tuesday 11 March 2014

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

Although David Omoregie's world class junior 60m hurdles time of 7.50 (placing him the second best ever) was by far and away the highlight of the under 20 international held at NIAC on Sunday last, 9th March, numerous Cardiff athletes posted personal best performances, which auger well for the outdoor season ahead.

David's hurdles time improved his previous best of 7.62 by a huge margin and he is now looking forward to the IAAF World Junior Championships in June. It will also be interesting to see what he can do over the higher, senior hurdles where he has already shown his ability indoors.

Cardiff athletes producing indoor personal bests were:

Melissa Roberts (2nd in the 400m in 56.36); Jacob Preece (3rd in the 800m in 1:56.25); Charlie Walker (4th in the 800m in 1:56.28); Claire Taylor (4th in the 60m hurdles in 9.26); Jonathon Bailey (4th in the high jump with 1.93m); Jonathan Hobbs (1st in the senior 400m in 50.77); Ryan Cooper (3rd in the senior 400m in 51.39); Hassan Abdi (3rd in the senior 800m in 1:56.79).

Tom Marshall was one hundredth of a second outside his pb in winning the senior 1500m in 3:42.72).

Abdi Hassan's 1:56.79 takes him to the top spot in the UK indoor 800m rankings, matching club colleague James Vincent whose 2:07.35 800m on 25th January placed him at number one in the under 15 Uk rankings.

Elsewhere last weekend, Harry Hillman (15) set two individual personal bests (60m - 7.32 and shot put - 9.96m) as well as a best overall points total of 4,390 in taking 5th place at the England Athletics indoor heptathlon championships in Sheffield. This ranks Harry 5th in the UK in his first year in this age group.

To view the full results from Cardiff click on [**RESULTS.**](http://www.cardiffaac.org/files/WA%20Indoor%20Int%202014.pdf)

## [Inter-Counties cross country](http://www.cardiffaac.org/news/intercountiescrosscountry.htm) Sunday 9 March 2014

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

A good number of Cardiff athletes travelled to Birmingham yesterday, 8th March, to test themselves against the best of Britain in the national inter-counties cross country championships.

Although the ground conditions were muddy and heavy going, the weather was dry but chilly.

The best performance of the day by a Cardiff athlete was Jake Heyward's excellent 10th place (out of 280 finishers) in the under 15 boys' race.

Elsewhere, Rebecca Evans was 27th in the under 20 women's race, Gwynnant Jones 68th in the under 20 men's, Kiara Frizelle 69th in the under 13 girls' and Naomi Reid 78th in the under 15 girls'.

This event was also the culmination of the British Cross Challenge series and Gwynnant Jones was placed second overall in the under 20 men's age group and Annwen Gammon was fourth of the under 13 girls.

Cardiff results from yesterday were:

Senior men: Jonathan Hopkins (52); Elliot Slade (227); Brian Dias (275).

Under 20 men: Gwynnant Jones (68); Elliot Richards (165).

Under 20 women: Rebecca Evans (27); Anna Morris (46).

Under 17 men: Ciaran Lewis (83); Nicholas Jones (93); Ieuan Handley (188); Lewis Brunt (207).

Under 17 women: Erin Hayes (132); Rosa Yates (160); ); Rosie-May Thompson (171); Anna Lawson (217); Nadine James (236).

Under 15 boys: Jake Heyward (10); Rhys Jones (47); (James Vincent (211); Jac Smith (247); Aeron Evans (252); Ieuan Jones (269).

Under 15 girls: Naomi Reid (78); Bethan Evans (121); Gwenno Waddington (174); Emma Ligthart (234); Megan Bowen (243).

Under 13 boys: Alfie Davies (143); Seth Kelly (190); Daniel John (194); Morgan James (248).

Under 13 girls: Kiara Frizelle (69); Annwen Gammon (86); Alisha Hayes (154); Jessica Wadey (158); Zoe Hamm (281).

Some of these athletes will have been experiencing such a big competition for the first time and may have found it daunting, with around 300 runners in most races. Nevertheless, the experience is important and just to have taken part is most valuable.

## [David on fire](http://www.cardiffaac.org/news/davidonfire.htm) Monday 3 March 2014

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

David Omoregie's run of fine form continued in Sheffield at the England championships over the weekend when he smashed his previous best to set British and European under 20 records for the 60m hurdles.

In both the heats and final of his event, he clocked identical times - 7.62 - to eliminate the previous best of 7.65 set by James Gladman a year ago.

Perhaps he could have gone even faster if he had tied his shoelaces (see picture)!

It was good to see other Cardiff athletes making the trip to Sheffield in search of high quality competition.

Lauren Evans was particularly busy, contesting the under 15 girls' high jump (5th with 1.50m), long  jump (11th with 4.89m) and 60m hurdles (5th in 9.30 seconds). Catrin Lord was 6th in the under 15 girls' long jump (5.14m), Ryan James was 6th in the under 17 men's 400m (53.07), Melissa Robetts was 4th in the under 20 women's 200m (25.05), Jonathan Bailey was 7th in the under 20 men's high jump (1.90m) and David Callan was 8th in the under 20 men's pole vault (4.40m).

To experience this level of competition is very valuable and will serve these athletes well in the future.

[**Flash results**](http://www.cardiffaac.org/news/flashresultsfromfinalgwentleague.htm) **Saturday 1 March 2014**

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

The final Gwent League round of the season was held today, St David's day, at Blaise Castle, Bristol in the best conditions so far this year, with NO RAIN, no wind and plenty of sunshine.

Amongst numerous high placers, the only winner was Ciaran Lewis in the under 17 men's race, while Ffion Price was second in the senior women's, Emily Chirghin third in the under 11 and Sofia Vella also third in the under 13 girls' races.

The leading finishers were :

Under 11 Boys - Carwyn Hastings 34th   
Under 11 Girls - Emily Chirghin 3rd   
Under 13 Boys - Morgan James 17th   
Under 13 Girls - Sofia Vella 3rd   
Under 15 Boys - Rhys Jones 7th   
Under 15 Girls - Caitlin Exton19th   
Under 17 Men - Ciaran Lewis 1st   
Under 17 Women - Erin Hayes 5th   
Under 20 Men - Elliot Richards 19th   
Senior Men - James Thie 4th   
Senior Women - Ffion Price 2nd   
  
Well done to everyone that has competed this season as you have contributed to our [team successes](http://www.mail2web.com/cgi-bin/read.asp?mb=&mp=P&mps=1&lid=0&ld=-1&lp=20&mn=9&ed=0GiNzxGlUBKGM6GBNNZ0Bo0vgpPF%2F3Bt1P2%2BmRdTYQtpw0cUyLtSnYPwiMxZG0YKcMR9OduVsFSU%0D%0AIdlSIpKMj2adTT7LOtzeOiZv4nE%2B83fr6YbB3Ac%2BgAQNGg9whtTMp995%2BfWAo3rwdMmpz4aO67Ly%0D%0AttDV3johp50%3D) too! Once the official results are published we will update you with the athletes and teams that have won overall Gwent League medals.

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## [From country to road](http://www.cardiffaac.org/news/fromcountrytoroad.htm) Wednesday 26 February 2014

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

With the final Gwent League race of this season taking place on Saturday, we shall move on to road running - the Welsh Road Relays Championships are being held in Ynysangharad Park, Pontypridd on Sunday 16th March.

Cardff teams traditionally do well in these relays so we want 2014 to be another successful year.

There are races for all ages from primary school athletes to masters athletes and, if you wish to take part, please get in touch by Sunday next, 2nd March at the latest.

The composition of teams will be based primarily on the results in the Welsh cross country championships.

This is a road race being held on the tarmac path around that park so you will compete in trainers (not spikes). You will need a club vest to compete in and please arrive an hour before the race so we can issue your numbers.

Please remember that this is a relay competition so if you have said you are running please make sure that you turn up otherwise your team will not be complete.

Junior athletes need to contact  Kay Chapman (Boys) on 07749 716151 and Tracey Gammon (Girls) on 07795 098053.

The under 20’s have to compete as Senior athletes in this competition so if you want to compete please get in touch with Alex Donald (Men) on 07740 471573 and John Penny (Women) on 07816 654741 as soon as possible and definitely by Sunday March 2nd as we need to get the team entries finalised by Monday March 3rd.

If you have any queries at all about this event please don’t hesitate to get in touch.

## [Weekend successes](http://www.cardiffaac.org/news/weekendsuccesses.htm) Wednesday 26 February 2014

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

Cardiff athletes were competing with success over last weekend, at the British Universities indoor championships in Sheffield and the Armagh international road races in Northern Ireland.

In Sheffield, James Thie, representing Cardiff Metropolitan University, took the 1500m title, with Matthew Edwards sixth in the final. Mica Moore was second in the 60m and fourth in the 200m while Dewi Hammond was third in the 60m.

Representing Loughborough, David Guest was second in the long jump with a leap of 7.22m and fourth in the shot put with 14.27m.

Elsewhere, Megan O'Sullivan was fourth in the triple jump, Callum Court was fifth in the pole vault, Ffion Price was 6th in the 800m and Sam Gordon seventh in the 60m.

In Armagh, Ieuan Thomas, representing a Welsh team, was involved in a race for the line in the 5k event, finishing an excellent and close third behind winner Nick McCormick. Charlotte Gaughan, making her debut in a Welsh road running team, was 21st out of 97 finishers over 3k.

## [Coaches needed](http://www.cardiffaac.org/news/coachesneeded.htm) Wednesday 19 February 2014

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

Following a thorough review, the club is set to launch an exciting new initiative for its younger members. The popular Track Rats group, which was created by senior coach Dave Hawthorn more than 10 years ago, will be re-named the Cardiff Athletics Academy. The Academy will cater for the under-11 and under-13 age groups and will offer the best possible introduction to athletics.

In order to meet an expected increase in Academy members we are looking to recruit additional coaches. Academy coaches will be paid and if you are interested, please contact club secretary Ann Cooper (acooper.caac@sky.com) who will give you further information.

This will be a great opportunity for coaches to gain experience and to progress their coaching careers in a very rewarding environment with one of Britain’s most successful and prestigious athletic clubs – we were recognised as British Club of the Year in 2013.

Please get in touch with us as soon as possible.

## [More indoor medals](http://www.cardiffaac.org/news/moreindoormedals.htm) Tuesday 18 February 2014

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

A day after the Welsh cross country championships, the action switched indoors to the final phase of the Welsh indoor championships; those for the under 20 and under 15 age groups.

Once again, Cardiff athletes won plenty of medals with James Vincent showing particular versatility; following up his earlier titles over 800m and 1500m with a third title, this time in the high jump.

Other gold medallists were Catrin Lord (U15 girls' 60m), Sarah Omoregie (U15 girls' 60mH), Lauren Evans (U15 girls' high jump), Kristian Jones (U20 men's 200m), Charlie Walker (U20 men's 400m), David Callan (U20 men's pole vault) and Melissa Roberts (U20 women's 400m).

Silver medals went to Thomas Hanson (U15 boys' shot put), Lauren Evans (U15 girls 60mH), Anax da Silva (U20 men's 60m), Gage Francis (U20 men's long jump and triple jump) and Claire Taylor (U20 women's 60mH).

Bronze medals went to Kieran Grimwade (U15 boys' shot put), Catrin Lord (U15 girls' 200m) and Claire Tatlor (U20 women's long jump).

The full results can be viewed at [**RESULTS.**](http://www.cardiffaac.org/files/WCH%20Indoor%202014%20U20%20U15.pdf)

## [Cardiff dominate champs](http://www.cardiffaac.org/news/cardiffdominatewelshchampionships.htm) Saturday 15 February 2014

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

Cardiff athletes turned out in force at today's Welsh Cross Country Championships in Carmarthen, winning individual and team medals in every age category except senior women.

Pride of place goes to the under 13 girls where the first six places were taken by Cardiff athletes and the teams took gold and bronze medals. Team golds were also won by the under 15 boys, under 17 men, under 17/20 women and under 20 men (pictured).

Cardiff AAC dominated the under 13 girls’ race. A group of four, **Annwen Gammon**, **Kiara Frizelle**, **Abigail Fisher** and **Jessica Wadey**, broke away early and there was little to choose between them at halfway. But it was Annwen Gammon who just had the strength over the final few hundred metres, taking the title with Frizelle second, Fisher third, Wadey fourth **Sofia Vella** fifth and **Alisha Hayes** sixth. Zoe Hayes (15th) and Jeri-Lynne Grabham (21st) completed the B team that took the bronze medal.



The under 13 boys' team won bronze through Daniel John (5th), Kian Murphy (10th), Morgan James (11th) and Eli Scoble (21st).



In the under 15 boys' race, Jake Heyward could not hold off Wrexham's Christian Smith and placed second, leading his team (Rhys Jones - 6th, Hari Bowen - 12th, James Vincent - 17th) to the gold medal. Cardiff's B team was 4th.

The under 15 girls' teams were second and fifth with Naomi Reid (10th), Emily Griffin (11th), Gwenno Waddington (16th) and Megan Bowen (21st) making up the A team.

Ever present Ciaran Lewis took the silver medal in the under 17 men's championship and the team (John Cove - 4th, Nicholas Jones - 5th, Ieuan Handley - 11th) took gold. The B team (Lewis Brunt - 12th, Daniel Graves - 17th, Dafydd George - 19th, Sam Curwen - 25th) was third. Sam Curwen was running his first race back after injury to complete the B team - that is what team spirit is all about.

The under 17/20 women's combined teams were first and second with individual medals going to Ffion Price and Rebecca Evans (gold and silver in the under 20 race) and to Kate Seary (silver in the under 17 race).

Defending champion Mike Ward, returning from injury, narrowly failed to repeat last year's victory, taking the silver medal but leading his team (Matthew Edwards - 6th, James Hunt - 8th, Jack Gooch - 11th) to the gold medals.

The senior men missed out on a team medal by finishing only three instead of the required four runners but provided the individual silver medallist when Jon Hopkins had to concede the winner's medal to Swansea's Dewi Griffiths. Alex Donald, continuing a run of good form, finished 7th and Peter Ryder 11th.

In the senior women's race, Emily Brown was 6th and Liz Davies 11th.

And, finally, in the under 11 races, Emily Chirghin won the year 6 girls race, Sara John was 4th in the year 5 girls' race and Danny Reynolds was 10th in the year 5 boys' race.



Given the recent dreadful weather, it was remarkable that the championships went ahead and credit must be given to the organisers, team managers and parents who made sure they happened. In the event, the weather was great, staying dry all day and the sun even came out later in the day, although the ground was still soft and wet in places after all the rain we have had.

It was certainly a great day for Cardiff AAC so congratulations to all who contributed to this success.

A selection of photographs is available in [GALLERIES.](http://www.cardiffaac.org/galleries/welshcrosscountrychampionships2014/default.htm)

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20XC%20Ch%202014.pdf)

## [Weather doesn't stop cross](http://www.cardiffaac.org/news/weatherdoesntstopcrosscountry.htm) Monday 10 February 2014

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

Despite awful conditions, the fourth Gwent League fixture of the season went ahead as planned in Brecon on Saturday last, 8th February. Well done to the athletes who braved the weather.

Cardiff's junior athletes produced their usual excellent performances with Rhys Jones (under 15 boys), Ciaran Lewis (under 17 men) and Kiara Frizelle (under 13 girls) winning their races while Emily Chirighin (under 11 girls) and Rosa Yates (under 17 women) all achieved second places.

The senior men finished four runners in the first ten to win the team race.

In the senior men's race, team manager Alex Donald showed the value of his recent training to finish in third place, ahead of James Thie (4th), Nat Lane (6th) and Mukhtar Farhan (10th). Mukhtar was second in the under 23 category.

We always knew that the conditions would be testing after the horrible conditions last week for the schools races, but it was even worse. The wind was so strong it was almost pushing runners over and the rain and hail were so cold that any exposed skin was really painful – many athletes finished in tears! The course has also been amended twice in the previous 24 hours to try to avoid the wettest part of the ground but athletes were still splashing through puddles as they raced. Despite the harsh conditions today we had some great results and the top Cardiff AAC performers today were;

Under 11 Boys – Sean Edmiston-Lane 54th

Under 11 Girls – Emily Chirighin 2nd

Under 13 Boys – Morgan James 14th and Eli Scoble 17th

Under 13 Girls – Kiara Frizelle 1st

Under 15 Boys – Rhys Jones 1st

Under 15 Girls – Emma Ligthart 11th

Under 17 Men  - Ciaran Lewis 1st

Under 17 Women – Rosa Yates 2nd

Under 20 Men – Elliot Richards  4th

Senior Women - Susan Turvey - 11th

Senior men - Alex Donald 2nd

With one fixture to go, Cardiff is the leading team in four age groups - under 20 men, under 17 men, under 17 women and under 13 girls

Everyone that ran completed the course and that was an achievement in itself as many other clubs that had athletes failed to complete their race. Hopefully you will never experience such harsh conditions as we experienced on Saturday. Thanks to everyone that travelled to Brecon today to take part, including parents and coaches, as well as athletes – we at Cardiff AAC are very proud of you.

The full results are now available on the Gwent League website <http://gwent-league.org.uk/2013/res134.htm>.

## [Brilliant bronze for Omoregie](http://www.cardiffaac.org/news/brilliantbronzeforomoregie.htm) Sunday 9 February 2014

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

Cardiff's David Omoregie ran brilliantly at yesterday's British indoor championships in Sheffield to take the bronze medal behind dead-heating Olympic athletes Andy Pozzi and Will Sharman, smashing his personal best over the senior hurdles with a time of 7.78 seconds; a time that moves him up to 6th in the current senior UK rankings.

Despite a less than electric start, David hurdled superbly to snatch a well deserved third place but had an agonisingly long wait for the official verdict as the photo finish judges tried to separate Pozzi and Sharman.

Elsewhere on day one of these championships, Sam Gordon and Dewi Hammond also set personal bests of 6.86 and 6.80 respectively in the 60m while Joe Maynard set a season's best of 1:51.39 in the 800m.

On day two, Lemarl Freckleton set a new personal best indoors of 21.77 for the 200m and, in the same event, Gareth Hopkins set a seasonal best of 21.99.

## [Parking alert](http://www.cardiffaac.org/news/parkingalert.htm) Friday 7 February 2014

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

Due to the recent wet conditions, alternative parking arrangements have been put in place for the Welsh Cross Country Championships at Dinefwr on Saturday 15th February.

It is not possible to park athletes/spectators vehicles at the Newton House car park so instead an arrangement has been made to use the hard standings at the nearby Home Farm. There will be a regular shuttle bus service which will operate throughout the day.

It is also possible to walk to the start / finish area which is approximately 800 metres from Home Farm.

Please allow extra time to reach the event. The organisers apologise for any inconvenience caused.

A map of the new arrangements can be viewed by clicking [**HERE.**](http://www.cardiffaac.org/files/welsh-cross-country-championships-dinefwr-2014-parking.pdf)

## [Club successes in XC](http://www.cardiffaac.org/news/clubsuccessesinschoolsxc.htm) Tuesday 4 February 2014

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

Cardiff AAC athletes were to the fore at the Welsh Schools' national cross country championships held in Brecon on Saturday last, 1st February.

The conditions were very poor with the ground heavy after days of rain and biting wind and rain for most of the races including occasional hail.

Braving these conditions to win gold medals were Jake Heyward (middle boys), Daniel John (year 7 boys) and Rebecca Evans (senior girls).

Jake Heyward was involved in a photo finish with Christian Smith from North Wales, with both athletes being given identical finishing times, which is unusual in cross country. Another interesting performance was Daniel John's win. Only the week before, Daniel (12) had been sprinting indoors and had won the under 13 boys' 200m Welsh title. It is very unusual to find a sprinter also winning an important cross country race. Well done Daniel.

Other Cardiff medallists in Brecon were: Ciaran Lewis (senior boys' silver);  Hassan Abdi (middle boys' bronze);  Rhys Jones (junior boys' silver);  Luke Davies (junior boys' bronze);  Louis Spencer (year 7 boys' silver);  Kate Seary (senior girls' silver);  Jessica Wadey (junior girls' silver);  Annwen Gammon (junior girls' bronze).

There were plenty more Cardiff athletes in good positions and they can all look forward to the Welsh Championships in LLandeilo on 15th February with confidence.

To view the full results click on [**RESULTS.**](http://www.cardiffaac.org/files/Welsh%20Schools%20XC%202014.pdf)

## [Round up](http://www.cardiffaac.org/news/roundupx.htm) Tuesday 4 February 2014

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

It has been a busy week in athletics with athletes off to Austria as well as the final indoor Grand Prix in Cardiff and the schools' cross country championships in Brecon.

Austria was a happy hunting ground with Cardiff athletes returning with several personal best performances. At the Vienna Indoor Classic on 28th January, Tom Marshall continued his good form with an indoor PB of 3:43.11 for 1500m while sprinter Dewi Hammond set his all-time best of 6.85 for 60m and Carl Hill ran an indoor PB of 1:51.67 for 800m. Not to be left out, Ffion Price set a season's best for 1500m.

Two days later, in Linz, Dewi reduced his best again, clocking 6.83 twice. Sam Gordon was close behind with his PB of 6.88.

The star of the day was David Omoregie who, in only his third outing over the senior hurdles, clocked 7.84 to place him 6th on the latest UK rankings.

A couple of days later, David returned to the NIAC in Cardiff and, in the final indoor GP on Sunday last, was timed at 7.70 for the under 20 men's 60m hurdles, a Welsh record and the third fastest ever by a junior British athlete.

Other Cardiff winners at NIAC were Gary White (senior triple jump - 14.96m) and Claire Taylor (senior 60m hurdles). Claire was also second in the high jump.

And veteran Cardiff triple jumper Sean Power achieved 9.41m in the Men's Triple Jump event for an M70 British Indoor Record.

Meanwhile, in the vaults competitions at NIAC on Saturday  Emyr Jones set a new personal best of 4.45m and Callum Court (4.35m), David Callan (4.15m) and Bryone Raine (3.95m) all set seasonal bests.

## [Cross Country Champs](http://www.cardiffaac.org/news/crosscountrychampsdontforget.htm) Monday 3 February 2014

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

Entries to this year's Welsh Cross Country Championships close on Sunday next, 9th February so make sure you get your entries in on time.

There will be individual and team championship medals and Cardiff AAC has the talented athletes to win plenty of these as we have strong teams if everyone competes. We can even win medals with our A, B and C teams.

The championships will be held in Dinefwr Park, Llandeilo (satnav SA19 1RT) and the first event will be at 10.30am.

Cardiff AAC usually has a strong presence at these championships so let's make this year no exception.

Entry to the Welsh Championships is £3 per person. Please can you get your entry fee along with your other details (see below) to your relevant team manager as soon as possible so that we can add you to the entry lists - **the dealine is Sunday February 9th** - to enable us to complete the paperwork and payment to Welsh Athletics? No late entries will be accepted. The club will refund the entry fees of all athletes who compete on the day.

You are all welcome to compete even if you have never run cross country for Cardiff AAC before. You will need a Cardiff AAC competition vest and to wear 12mm spikes in your running shoes. You must also make sure that your Welsh Athletics registration fee is up to date otherwise you won't be allowed to compete. We shall be taking the club tent so there will be somewhere to shelter and leave your kit. There is also a nice coffee shop and toilets are available in Newton House in the park.

We need to get entries in as soon as possible so if you wish to run we need the following information to go on your entry form.

Name

Date of Birth

Welsh Athletics registration number

Welsh qualification - either birth/parents/residence.

Please let us know by text or email so we can add you to the team sheet. If you want to chat about these races, please come and talk to us in the club room on Monday or Thursday. We shall also have paper copies of the course map and timetable.

Kay Chapman - boys up to under 20 - 07749 716151 / [kay.chapman@tesco.net](mailto:kay.chapman@tesco.net)

Tracey Gammon - girls up to under 20 - 07795 098053 / [tagammon@btinternet.com](mailto:tagammon@btinternet.com)

Alex Donald - senior men - 07740 471573 / [aldon1@hotmail.co.uk](mailto:aldon1@hotmail.co.uk)

John Penny - senior women - [j.penny1@sky.com](mailto:j.penny1@sky.com)

**Please note that the finishing positions in the championships will be used to select teams for the Welsh road relay championships later in the year.**

You can find further information including a full timetable and map of the course on the Welsh Athletics web site at <http://www.welshathletics.org/news--media/news/cross-country/2014/january/entries-open-for-the-2014-welsh-cross-country-championships.aspx>.

## [Alice off to Glasgow](http://www.cardiffaac.org/news/aliceofftoglasgow.htm) Saturday 1 February 2014

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

Cardiff's Alice Nottingham received a very important email last week - confirmation that she had been selected as a volunteer (they will be called "Clyde-siders") at this year's Commonwealth Games in Glasgow.

Hurdler Alice (17), who is a student at Stanwell School in Penarth, was one of 50,000 (yes, 50,000) who applied a year ago for places as volunteers. And, naturally, she said that her preferred sport would be athletics.

By last September, the applications had been reduced by a half and 25,000 applicants travelled to Glasgow (at their own expense) to be interviewed. Alice obviously gave a good interview and is one of the 5,000 finally selected - and she will be helping at the athletics stadium; her dream come true.

The next stage is to attend three training days and the first one is on March 7th; to discover exactly what is involved and what she will be doing. Alice's hope is that she might have a task in the arena (perhaps as a kit carrier) but she will have to wait and see.

Volunteers will receive a standard uniform but all other expenses have to be paid by them. She will probably stay in a volunteers' camp that will be specially created in Glasgow.

This will be an exciting experience for Alice and we congratulate her and wish her well.

## [Four PBs for Curtis](http://www.cardiffaac.org/news/fourpbsforcurtis.htm) Tuesday 28 January 2014

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

Cardiff's Curtis Mathews, representing Great Britain in the under 23 Combined Events international held in Sheffield on 25/26 January, set three individual event personal bests to produced a personal best total score of 5,205 points in the indoor heptathlon.

He had set his previous best score only a few weeks ago at the same venue.

His event personal bests were in the long jump (7.01m), high jump (1.94m) and 1,000m (2:47.02).

His individual event performances were:

60m:  7.30  
Long jump:  7.01m  
Shot put:  12.35m  
High jump:  1.94m  
60m hurdles:  8.74  
Pole vault:  3.80m  
1,000m:  2:47.02

## [More medals on day 2](http://www.cardiffaac.org/news/moremedalsonday2x.htm) Monday 27 January 2014

[](http://www.cardiffaac.org/news/moremedalsonday2x.htm)

After the clean sweep of medals by the under 17 men in the 800m on Saturday, Cardiff's under 20 men capped this yesterday in the 1500m by taking the first five places in the six man final. Matthew Edwards was first to finish, followed by Sam Longville, Jacob Preece, Ieuan Handley and Ciaran Lewis.

Several Cardiff athletes completed individual doubles with Issie Tustin adding the  under 13 girls' 200m title to her 60m gold, Sofia Vella the under 13 girls 1500m to her 800m, Harry Hillman winning the under 17 men's pole vault and long jump, Naomi Reid the under 15 girls' 800m and 1500m, James Vincent the under 15 boys' 800m and 1500m, Ryan James the under 17 men's 200m and 400m and Gwenno Waddington the under 17 women's 800m and 1500m.

Other Cardiff individual gold medallists yesterday were: Daniel John (under 13 boys' 200m), Jake Heyward (under 17 men's 1500m), Anax da Silva (senior men's 200m), Adam Williams (senior men's triple jump), Kate Seary (under 20 women's 1500m).

Individual performances that caught the eye yesterday included Jake Heyward's comfortable win in the 1500m, Anax da Silva's determined run in the 200m and the 12 year old sprinters Daniel John and Issie Tustin. Issie won both the 60m and 200m by good margins and is set to emulate her aunt who, as Lisa Denty, still holds a share in Cardiff's 4 x400m club record.

**Cardiff's medallists yesterday were:**

**Gold**: Daniel John (U13 boys' 200m);  Issie Tustin (U13 girls' 200m);  Sofia Vella (U13 girls' 1500m);  Ryan James (U17 men's 200m);  Jake Heyward (U17 men's 1500m);  Harry Hillman (U17 men's pole vault and long jump);  Gwenno Waddington (U17 women's 1500m);  Anax da Silva (SM 200m);  Adam Williams (SM triple jump);  Naomi Reid (U15 girls' 1500m);  James Vincent (U15 boys' 1500m);  Kate Seary (U20 women's 1500m);  Matthew Edwards (U20 men's 1500m).

**Silver:**  Adam Mohsin (U13 boys' long jump);  Rhodri Davies (U17 men's pole vault);  Niamh Galton (U17 women's high jump =);  Georgina Bradshaw ((U17 women's high jump =); Lottie Coakley (U17 women's high jump =); Lemarl Freckleton (SM 200m);  Tom Marley (SM 1500m);  Emyr Jones (SM pole vault);  Claire Taylor (SW 60m hurdles);  Sam Longville (U20 men's 1500m).

**Bronze:**  Ryan Grimwade (U17 men's shot put);  Adrian Lawrence (SM triple jump); Vicky Lloyd (SW 60m hurdles);  Jacob Preece (U20 men's 1500m).

## [Medal count - day 1](http://www.cardiffaac.org/news/medalcountday1.htm) Sunday 26 January 2014

[](http://www.cardiffaac.org/news/medalcountday1.htm)

In an action packed day at the NIAC yesterday, 25th January, Cardiff athletes accumulated an impressive medal count at the Welsh Athletics indoor championships.

The under 17 men's 800m saw a Cardiff clean sweep with Hassan Abdi taking the gold medal ahead of Joseph Adler (silver) and Alex Love (bronze).

An exciting senior women's 60m final saw Mica Moore (silver medal) edge out Commonwealth Games hopeful Elaine O'Neill in a personal best time of 7.54 seconds. The senior men's final, likewise, produced a personal best 6.97 for silver medallist Gareth Hopkins.

Cardiff's other gold medallists yesterday were Alice Cuddihee (under 13 girls' shot put),  Sofia Vella (under 13 girls' 800m), James Vincent (under 15 boys' 800m), Adam Mohsin (under 13 boys' high jump), Tom Marshall (senior men's 800m), Charlie Walker (under 20 men's 800m), Ryan James (under 17 men's 400m), Issie Tustin (under 13 girls' 60m).

**The full list of medallists is:**

**Gold:** Alice Cuddihee (U13 girls' shot put);  Sofia Vella (U13 girls' 800m);  James Vincent (U15 boys' 800m);  Tom Marshall (SM 800m);  Charlie Walker (U20 men's 800m);  Hassan Abdi (U17 men's 800m);  Ryan James (U17 men's 400m);  Issie Tustin (U13 girls' 60m);  Adam Mohsin (U13 boys' high jump).

**Silver:**  Naomi Reid (U15 girls' 800m);  Gwenno Waddington (U17 women's 800m);  Jacob Preece (U20 men's 800m);  Joseph Adler (U17 men's 800m);  Mica Moore (SW 60m);  Gareth Hopkins (SM 60m);  Jonathan Bailey (SM high jump); Megan O'Sullivan (SW triple jump).

**Bronze:**  Georgia Morgan (U20 women's 800m);  Alex Love (U17 men's 800m);  Liam francis (U17 men's triple jump).

## [Indoor Championships](http://www.cardiffaac.org/news/indoorchampionshipsbeckon.htm) Friday 24 January 2014

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

This weekend, the National Indoor Athletic Centre in Cardiff will be the scene of the Welsh Indoor Championships for the under 13, under 17 and Senior age groups. The under 15 and under 20 800m and 1500m championships will be included.

The entries show a strong presence of Cardiff AAC athletes although there could, perhaps, have been more in the under 13 age group (why aren't they there?).

Cardiff and Wales is fortunate to have such a fine indoor facilty as indoor competition during the winter months is a good guide to form ahead of the summer.

Let's hope for a bucketful of medals once again for Cardiff.

## [Cardiff athletes off to Austria](http://www.cardiffaac.org/news/cardiffathletesofftoaustria.htm) Friday 24 January 2014

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

Two Welsh teams will travel to Austria next week to take part in two separate indoor events.

Included in the team for the Vienna Indoor Classic on Tuesday, 28th, are Dewi Hammond, Sam Gordon, Anax da Silva, Carl Hill, Garteth Warburton, Tom Marshall, Mica Moore and Ffion Price and for the Gugl Indoor meeting in Linz on Thursday, 30th, are Dewi Hammond, Sam Gordon, Anax da Silva, David Omoregie and Mica Moore.

Matt Elias is the team leader.

## [Cardiff Cross Challenge](http://www.cardiffaac.org/news/cardiffcrosschallengez.htm) Monday 20 January 2014

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

December's athlete of the month, Annwen Gammon, got yesterday's cross challenge off to a good start, finishing an excellent fourth in the first event of the day, the under 13 girls' race. Jessica Wadey was seventh and Abi Fisher was tenth. In the same race, Sofia Vella was first in the schools' category.

Other high finishers were Emily Chirighin in the primary schools girls' race and Jake Heyward in the under 15 boy's race (in this race Rhys Jones was third home in the schools' category). In the under 15 girls' race, Naomi Reed was 3rd in the schools' category.

In the under 20 men's event, Ciaran Lewis (16) was running well out of age group and finished an excellent 13th, one place ahead of clubmate Matthew Edwards and one behind Cardiff's Nasir Musa.

Another competing against older women was Kate Seary (17) who finished 10th in the under 20 women's race, three places ahead of Cardiff's Rebecca Evans (13th).

In the senior men's race, Jon Hopkins was 7th out of 73 starters with Rowan Axe in 18th.

The event was held in perfect conditions for cross country (sunny and cool and a little muddy underfoot) over the popular course in Cardiff's Castle Grounds. Congratulations go to Graham Finlayson and his team who endured appalling weather conditions on Saturday to prepare the course and put on yet another highly successful challenge.

Photographs taken at the event can be seen by going to <http://www.sportpicturescymru.co.uk/pages/gallery/2014-gallery.php>

## [More medals and PBs](http://www.cardiffaac.org/news/moremedalsandpbs.htm) Tuesday 14 January 2014

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

The second indoor Grand Prix held at the NIAC on Sunday last, 12th January, included the Welsh Athletics 3000m championships.

Gold medals were won by Rebecca Evans in the under 20 women's age group and Gwynant Jones matched this, taking the under 20 men's title, with Ciaran Lewis third. Silver medals were won by Abi Fisher (under 15 girls), Ieuan Jones (under 15 boys) and Charlotte Gaughan (senior women).

In the open events, pride of place goes to David Omoregie who clocked a personal best 7.92 for the senior men's 60m hurdles (taking him to 4th in the latest UK rankings) and Mica Moore who set a pb in the senior women's 60m which puts her in 3rd place on the latest UK rankings.

Other Cardiff performances in the 3000m championships saw Joshua Whiston in 4th place in the under 15 boys' event and Nasir Musa and Lewis Brunt in 5th and 7th respectively in the under 20 men's race.

Other performances in the open events were:

60m senior men:  Gareth Hopkins (3rd) with Rhys Knapman and Anax da Silva also in the final.

800m senior men:  Alex Coomber (first in heat 2)

1500m senior men:  Tom Marley (2nd) and Elliot Slade (4th) in heat 1.

Pole Vault senior men:  Callum Court (2nd) and Emyr Jones (3rd).

Triple Jump senior men:  Adam Williams (first).

800m senior women:  Ffion Price (3rd) and Bethan Strange (4th) in heat 1.  Rebecca Nuttall (1st in heat 2).

Triple Jump senior women:  Megan O'Sullivan (2nd).

## [PBs for Curtis and Vicky](http://www.cardiffaac.org/news/pbsforcurtisandvicky.htm) Tuesday 7 January 2014

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

Despite finishing one place behind fellow Cardiff athlete Francis Baker in the overall placings, Curtis Mathews produced a personal best indoor heptathlon score of 5,097 points to take the under 23 silver medal at the England and Wales combined events championships in Sheffield on Saturday last, 4th January. Curtis' tally included a personal best indoor shot put of 12.95m.

Francis (pictured), competing in the senior competition, finished sixth, with a score of 5,363 points.

In the senior women's pentathlon, Vicky Lloyd compiled a personal best score of 5,363 points which included an indoor pb of 9.62sec for the 60m hurdles. Vicky finished in 10th place.

As a result of his performance, Curtis has been named in a 20-strong GB & NI team for the Combined Events International Indoor Match in Sheffield on 25-26 January.

The individual event performances were:

**Francis Baker:** 60m (7.25);  long jump (6.76m);  shot put (12.05m);  high jump (1.97m);  60mH (8.38);  pole vault (4.47m);  1,000m (2:48.02). Total score 5,363.

**Curtis Mathews:**   60m (7.22);  long jump (6.83m);  shot put (12.95m pb);  high jump (1.79m);  60mH (8.29);  pole vault (3.77m);  1,000m (2:49.56). Total score 5,097 pb.

**Vicky Lloyd:**  60mH (9.62 pb);  high jump (1.51m);  shot put (10.37m);  long jump (5.14m);  800m (2:40.37). Total score 3,138 pb.

## [Harry leads medal haul](http://www.cardiffaac.org/news/harryleadsmedalhaul.htm) Monday 6 January 2014

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

Cardiff's Harry Hillman (described by Welsh Athletics as one of Wales most promising all-round athletes) was one of the top performers at the South Wales junior indoor championships held at NIAC yesterday, 5th January, with gold medal wins in the under 17 men's 60m hurdles, high jump and pole vault.

Harry was one of several Cardiff multi medallists in all age groups and it was encouraging to see so many athletes trying several events. James Vincent won both the under 15 boys' 800m and high jump whilst there was a clean sweep of medals in the under 13 boys' long jump where Jonathan Gibson, Sam Woods and Harri Howkins won gold, silver and bronze repectively.

The girls were not to be outdone as Catrin Lord won the under 15's 60m, 200m and long jump, Issie Tustin the under 13's 60m and 200m and Lauren Evans the under 15's 60mH and high jump.

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

**Under 13 boys:  
Gold:** Adam Mohsin (high jump); Jonathan Gibson (long jump);  Caerwyn Phillips (shot put).  
**Silver:** Daniel John (200m & 800m);  Sam Woods (long jump);  Rhys Morgan (1500m).  
**Bronze:**  Jonathan Gibson (800m);  Ben Stephens (1500m);  Harri Howkins (60m hurdles & long jump).

**Under 15 boys:**  
**Gold:** Stephen Jones  (300m);  James Vincent (800m & high jump);  Kieran Grimwade (shot put).  
**Silver:** Morgan James (1500m);  Oliver Cooper (high jump);  Kieran Grimwade (long jump).  
**Bronze**:  Stephen Jones (200m);  Daniel McKerlich (300m);  Daniel Mayne (1500m);  Kieran Grimwade (60m hurdles).

**Under 17 boys:**  
**Gold:** Harry Hillman (60mH & high jump & pole vault);  Iestyn Jones (400m);  Jac Gardiner-Smith (1500m);  Ryan Grimwade (shot put).  
**Silver:** Matthew Cottington (60m);  Ryan Grimwade (high jump);  Rhodri Davies (pole vault);  Jordan Fender (long jump).  
**Bronze:** Jordan Fender (60m & 60m hurdles).

**Under 13 girls:**  
**Gold:** Issie Tustin (60m & 200m);  Sofia Vella (1500m);  Alice Cuddihee (shot put).  
**Silver:** Emily Chirighin (1500m).  
**Bronze:**Dora Cassango (60m & high jump);  Bethan Evans (800m);  Cassey Grimwade (shot put).

**Under 15 girls:  
Gold:** Catrin Lord (60m & 200m & long jump);  Jessica Wadey (300m);  Naomi Reid (800m);  Lauren Evans (60m hurdles & high jump).  
**Silver:** Lara Culliford (200m);  Brogan Haggett (300m);  Katy Green (high jump);  Amy Thomas (shot put);  Jerri-Lynne Grabham (1500m).  
**Bronze:**Renee Moore (60m);  Caitlin Exton (800m)

**Under 17 girls:  
Gold:** Eleanor Stephenson Wilding (300m);  Gwenno Waddington (800m);  Lottie Coakley (high jump);  Niamh Galton (60m hurdles).  
**Silver:** Eve George (60m);  Bethan Register (200m);  Niamh Galton (high jump & long jump).  
**Bronze:** Ella Commanescu (60m);  Rebecca Kennett (200m):  Tamara Pitt (high jump).

Meanwhile, in the East Wales under 15 boys' championship, Thomas Britt collected three medals, winning gold in the 60m hurdles, silver in the 300m and bronze in the 200m)

## [Annwen wins in Antrim](http://www.cardiffaac.org/news/annwenwinsinantrim.htm) Sunday 5 January 2014

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

Cardiff's Annwen Gammon got her 2014 campaign off to a great start by winning the under 13 girls' race in the British Athletics Cross Challenge in Antrim, Northern Ireland, yesterday, 4th January.

Annwen was one of a group of Cardiff AAC athletes who made a successful trip to Northern Ireland.

In the senior women's international race, Ffion Price continued her good form , coming home in 20th overall and 4th in the under 23 category. In the men's senior race, Jon Hopkins was the first under 23 to finish and 19th overall.

Other successes came in the combined under 17/under 20 women's race where Kate Seary was 4th and Rebecca Evans 19th whilst in the men's under 17/under 20 race Gwynant Jones was 9th and Ciaran Lewis 13th.

## [2013 ends in style](http://www.cardiffaac.org/news/2013endsinstyle.htm) Friday 3 January 2014

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

Plenty of Cardiff AAC athletes made the trip to Mountain Ash on New Year's Eve for the annual Nos Galan races; and with success.

Last year's elite winner, Ieuan Thomas, was pushed into second place this time by Bristol's Stephen Mitchell but Ben Vincent and Naomi Reid chalked up wins in the 8/9 and 12/13 age groups repectively. Ben had also won the race the year before. Ben's older brother James was second in the 14/15 age group.

There was a clean sweep in the 12/13 girls' race with Sofia Vella following Naomi home in second and Allisha Hayes in third.

In the 14/15 girls' race, Emily Griffin, Caitlin Exton and Emma Ligthart were second, third and fourth respectively.

The elite race had attracted 188 runners and Cardiff was well to the fore. Apart from Ieuan's second placing, Mike Kershaw was 7th, Mike Kallenberg 10th and Carl Hill 15th. In the ladies' race, Rebecca Evans finished fourth.

All these athletes can now be thinking about 2014.

A Happy New Year to all Cardiff members, parents and friends.