**News Archive 2015**

Below is a copy of the news feed for 2015 from Cardiff AACs old website.

[**A HAPPY CHRISTMAS**](http://www.cardiffaac.org/news/ahappychristmaszz.htm) **Thursday 24 December 2015**

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

Cardiff Amateur Athletic Club wishes all our members and friends a very happy Christmas and a successful 2016.

Normal club nights will resume on Monday, 4th January.

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.

We especially need help with press and media, volunteers and a minutes secretary for the general committee.

Could it be your New Year's Resolution?

[**Help needed**](http://www.cardiffaac.org/news/helpneeded.htm) **Tuesday 22 December 2015**

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

Cardiff AAC is very fortunate to have so many people who are willing to give up their time to fill important positions and without whom the club could not carry on.

Volunteering in this way can be very rewarding and we are grateful to everyone of them.

We can always do with more and are currently looking for volunteers who would be interested to act as -  press and PR liaison, volunteer coordinator, and minutes secretary for the general committee (which meets on the first Tuesday of each month).

If you think you might be interested to take on one of these jobs, please speak to the club chairman (Bernie Plain) or secretary (Ann Cooper) who can explain what is involved.

We need you. Please help.

Thank you.

[**British best for Bethan**](http://www.cardiffaac.org/news/britishbestforbethanx.htm) **Tuesday 15 December 2015**

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

Cardiff's Bethan Davies (pictured with club mascot Hawthorn) set a new British best ever time for the 3,000m walk indoors at the Cardiff Met GP1 series at the NIAC on Sunday last, 13th December.

Bethan's time of 12:46.77 was a big improvement on the previous British best, 13:08.64, also set in Cardiff, in 2002. It is the first time a British athlete has gone under the 13 minutes barrier.

Bethan's performance was the highlight of the day.

**Other good Cardiff performances included:**

**Men:** Kristian Jones (60m - 1st); Gareth Hopkins (60m - 2nd); Paul Bennett (300m - 1st); Alex Coomber (600m - 1st); Carl Hill (600m - 2nd); Charlie Walker (600m - 3rd); Daniel McKerlich (1k walk - 1st); Callum Court (pole vault - 2nd).

**Women:** Rebecca Chapman (60m - 1st); Melissa Roberts (60m - 3rd); Amelia Reynolds (300m - 1st); Kate Lysons (high jump - 1st); Claire Taylor (Combined Events - 2nd).

[**The full results can be seen here.**](http://www.cardiffaac.org/files/Cdff%20Met%20GP1%202015%20Indoors.pdf)

Elsewhere over the weekend, Lauren Evans was the star of the Welsh Schools team that travelled to Glasgow for the annual schools international indoor pentathlon match. Competing in the over 16 age group, Lauren was second overall with 3,590 points from the five events, behind the winner's 3,693.

Other Cardiff athletes in the Welsh team were Tom Britt (best Welsh under 16 athlete, in 10th place), Harry Hillman (best Welsh over 16 athlete in 8th place) and Jordan Fender (over 16) who finished in 16th place after unfortunately failing to record a valid distance in the long jump.

[**The results from Glasgow can be seen here.**](http://www.cardiffaac.org/files/SIAB%20indoor%20CE%202015.pdf)

[**Indoor Championships**](http://www.cardiffaac.org/news/indoorchampionships.htm) **Sunday 13 December 2015**

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

The first day of the Welsh Athletics indoor regional championships was held yesterday, 12th December at Cardiff's NIAC, with Cardiff athletes winning plenty of medals.

The under 17 women's high saw a clean sweep of the medals for Cardiff through Shani Evans, Ellie May Stonehewer and Eliza Durnall whilst other individual gold medallists were Carter Staples, Issie Tustin, Bethan Cushion, Seth Kelly, Jay Morse, Isabel Breeden, Megan Hodgson and Moli Beynon.

**The full list of Cardiff's South Wales medallists is:**

**Under 13 Boys:** Ben Vincent (200m - silver).

**Under 13 Girls:** Holly Medina (200m - silver); Evie Wong (long jump - bronze).  
  
**Under 15 Boys:** Carter Staples (200m - gold); Harry Griffiths (300m - silver); Jonathan Gibson (high jump - silver); Lloyd Clarke (shot put - bronze).

**Under 15 Girls:** Issie Tustin (200m - gold); Nia Grundy (200m - bronze); Lily Gaskin (300m - silver); Rhianna Satterly (300m - bronze); Bethan Cushion (high jump - gold).

**Under 17 Men:** Iwan Robinson-Booth (200m - silver); Seth Kelly (200m - bronze & 400m - gold); Jay Morse (shot put - gold).

**Under 17 Women:** Jessica Hill (200m - silver & 300m - bronze); Lana Culliford (200m - bronze);  Shani Evans (high jump - gold); Ellie May Stonehewer (high jump - silver); Eliza Durnall (high jump - bronze); Megan Hodgson (pole vault - gold); lois Hillman (pole vault - silver); Moli Beynon (shot put - gold).

**Cardiff medallists in the East Wales championships are:**

**Under 15 Boys:** Joseph Coope-Franklin (200m - bronze & 300m - silver); Harry Owen (high jump - silver).

**Under 15 Girls:** Isobel Owen (high jump - silver);

**Under 17 Women:** Isabel Breeden (200m - gold).

[**The full results can be seen here.**](http://www.cardiffaac.org/files/WA%20Junior%20Indoor%20Champs%202015.pdf)

[**A selection of photographs taken by Ceri Jones can be seen here.**](http://www.mail2web.com/cgi-bin/redir.asp?lid=0&newsite=https%3A%2F%2Fm%2Eflickr%2Ecom%2F%23%2Fphotos%2F91028819%40N07%2Fsets%2F72157662341212565%2F)

The second day of the championships takes place on 9th January and the closing date for entries is Monday 21st December

[**Win for South Wales**](http://www.cardiffaac.org/news/winforsouthwales.htm) **Sunday 13 December 2015**

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

The South Wales cross country team saw off the opposition to win the Welsh Athletics inter-regional championships at Builth Wells yesterday, 12th December.

With the weather conditions somewhat different from those experienced at the indoor championships, also held yesterday, Cardiff athletes contributed important points to the South Wales win.

In the senior ladies' race, Cardiff's Rhianwedd Price, sister Ffion and Lucy Marland were the first three to finish, although Rhianwedd and Ffion were wearing East Wales vests.

The weather was pretty bad with rain, wind and mud which got worse as the day went on. In the later races, runners were almost knee deep in water in some places and every competitor did extremely well to finish.

**Amongst the Cardiff athletes taking part were:**

**Primary Schools (Year 5) Boys:** Elis Finlayson (3rd)

**Primary Schools (Year 6) Girls:** Jemima Robinson (3rd)  
  
**Under 13 Girls:** Emily Chirighin (10th)  
  
**Under 13 Boys:** Ben Reynolds (6th); Jacob Reynolds (7th).

**Under 15 Girls:** Kiara Frizelle (3rd); Jessica Wadey (7th); Mali Howell (8th).

**Under 15 Boys:** Morgan James (3rd).

**Under 17 Girls:** Megan Bowen (3rd); Naomi Reid (6th).

**Under 17 Men:** Rhys Jones (7th)  
  
**Under 20 Women:** Kate Seary (2nd).  
  
**Under 20 Men:** Ciaran Lewis (3rd); Jack Gooch (4th); John Cove (7th).

**Senior Women:** Rianwedd Price (1st); Ffion Price (2nd); Lucy Marland (3rd).

**Senior Men:** Peter Ryder (7th).

[**The full results can be seen here.**](http://www.cardiffaac.org/files/Inter%20Regional%20XC%20CH%202015.pdf)

[**Third Gwent League**](http://www.cardiffaac.org/news/thirdgwentleaguezz.htm) **Sunday 6 December 2015**

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

After the huge turnout at Llandaff Fields a couple of weeks ago, a much smaller group of Cardiff athletes travewlled to Blaise Castle, Bristol for the third round of the Gwent League.

The conditions meant that  the athletes had to deal with running into a very strong wind right from the start, which really took it out of them and even the best athletes were affected. Nevertheless, the athletes that were there produced some excellent individual performances, although the overall team scores suffered.  
  
The weather was so blustery that on arrival it was decided not to put the tent up and just take shelter under the huge oak tree next to the café. This proved the right thing to do as later in the day several tents were lifted off the ground and blown around.

The top athletes in each age group were as follows, with pride of place going to winners Carys Bill, Jessica Hegarty and Ciaran Lewis:  
  
U11 Girls: Molly Type (41st)  
U11 Boys: Rhys Blow (14th)  
U13 Girls: Lili Jones (32nd)  
U13 Boys: Benjamin Reynolds (2nd)  
U15 Girls: Carys Bill (1st)  
U15 Boys: Morgan James (4th)  
U17 Women: Naomi Reid (6th)  
U17 Men: James Vincent (4th)  
U20 Women: Jessica Hegarty (1st)  
U20 Men: Ciaran Lewis (1st)  
Senior Women: Lucy Marland (2nd)  
Senior Men: Muktar Farhan (16th)

The Cardiff AAC athletes of the match for this match are Benjamin Reynolds and Jessica Hegarty; Ben for his three solid performances in the Gwent League so far and Jess for her convincing win today. There is a small prize for you both so please collect it from team manager Kay Chapman if you are at the club this week. Otherwise she will bring it to Builth Wells next weekend as both will be representing South Wales there.

Well done everyone that ran today - the conditions were very tough and everyone did extremely well to finish. Hopefully we will see more of you in Monmouth on February 13th 2016.

And finally, a number of items of personal property have been left behind at recent races and can be obtained from Kay. Please try not to leave items behind as it is not always possible to know that they belong to Cardiff athletes.

The full results will be available on the [**Gwent League**](http://gwent-league.org.uk/) web site within the next few days.

[**Mike Kallenberg 8th**](http://www.cardiffaac.org/news/mikekallenberg8th.htm) **Saturday 5 December 2015**

[](http://www.cardiffaac.org/news/mikekallenberg8th.htm)

Cardiff's Mike Kallenberg, making his debut in a Great Britain vest, finished an excellent eighth in the inaugural 50k world championships in Doha, Qatar, yesterday, 4th December.

To avoid high temperatures, the race started at 6 o'clock in the evening and Mike's finishing time was 3:02:01. The winner was an American, followed by three Kenyans.

Mike's British team mate Michael Crawley did not finish.

[**Christmas Closure Dates**](http://www.cardiffaac.org/news/christmasclosuredatesz.htm) **Wednesday 2 December 2015**

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

Cardiff International Sports Stadium has announced its closure dates over the Christmas period.

The stadium will close at 10pm on Wednesday 23rd December and re-open as normal on Saturday 2nd January 2016. During the intervening period, the stadium will open on 29th December from 4pm until 10.30pm and on 30th December from 9.30am until 4.15pm.

The club canteen will be closed from Monday 21st December and will re-open on Monday 4th January 2016.

[**NOTICE TO THROWERS**](http://www.cardiffaac.org/news/noticetothrowersx.htm) **Tuesday 1 December 2015**

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

The outside throwing area is closed for the time being as repairs are needed to the throwing cage.

The stadium manager has informed us that this work is being treated as "urgent" and will do his best to make the area available again as soon as possible.

Watch this space for further news.

## [Charlotte again](http://www.cardiffaac.org/news/charlotteagain.htm) Sunday 29 November 2015

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

Cardiff's Charlotte Arter continued her run of excellent form in Liverpool yesterday with a fine 12th position out of 291 finishers in the senior women's race at the British Cross Challenge - the highest quality of the series so far as places in the British team for the European Cross Country Championships were being decided. In the same race, Jessica Hegarty finished 79th overall and 28th in the under 23 category.

Other notable performances came from Jonathon Hopkins (44th out of 574 in the senior men's race), Abi Fisher (25th out of 95 in the under 15 girls' race), Ben and Jacob Reynolds (16th and 20th respectively in the under 13 boys' race) and Naomi Reid (26th in the under 17 women's race).

**Other performances from Cardiff athletes in Liverpool were:**

**Senior Men:** Matthew Edwards (101st overall and 39th under 23).  
**Junior Women:** Megan Bowen (34th).  
**Junior Men:** Ciaran Lewis (43rd), Jack Gooch (55th), John Cove (62nd) and Nick Jones (106th).   
**Under 15 girls:** Sofia Vella (59th)  
**Under 13 boys:** Ryan Edwards (44th).

[**The full official results can be found here.**](http://www.britishathletics.org.uk/competitions/the-british-athletics-cross-challenge/)

## [Relay glory for Cardiff](http://www.cardiffaac.org/news/relaygloryforcardiff.htm) Sunday 22 November 2015

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

At today's Welsh Cross Country Relay Championships, held in cold but otherwise perfect conditions in Bridgend, Cardiff fielded numerous teams and finished in medal positions in almost every age group.

The senior women's and men's teams brought the day to a perfect finish to win both championships, Charlotte Arter bringing the ladies home to a comfortable win and Jon Hopkins running a stunning last leg to take the team from third to first place.

   
**Lucy Marland, Charlotte Artur & Kath Marshall**

Other gold medal relay performances came from the under 15 girls while the under 11 boys also took the team prize in their one lap straight race.

  
**Jessica Wadey, Kiara Frizelle, Sofia Vella & Carys Bill**

In the first race of the day, the under 11 primary schools girls' race, Jemima Robinson built on her Gwent League form to take the silver medal, the team coming fourth. The primary schools boys' race saw Henry Spencer take third place and lead the Cardiff A team to the gold medal with team mates Rhys Blow 5th and Elis Finlayson 6th. The B team was 4th and the C team 8th.

In the under 13 girls' relay, Cardiff teams were 4th, 7th, 8th and 9th. The boys were second through Iwan Smith, Carwyn Hastings, Gethin Evans and Lloyd Jones.

The under 15 girls team (Jessica Wadey, Sofia Vella, Carys Bill and Kiara Frizelle) scored a very convincing win; not surprising as Carys ran the fastest leg of all the teams, Jessica the second fastest, Kiara the third fastest and Sofia the fifth. A very strong team. The Cardiff B team was 6th. The under 15 boys could not quite match the girls, despite a typically gutsy last leg by Morgan James, and had to be content with the silver medal. The boys' B team was 8th.

The under 17 women (Emily Griffin, Laura Wright and Naomi Reid) and men (Antonio Peacock, Jac Smith and James Vincent) both secured silver medals, with the women's B team in 4th and the men's B team in 6th and C team in 8th. Naomi Reid ran the second fastest women's leg and James Vincent did the same in the men's race.

The day concluded with the eagerly awaited senior races which were expected to be decided between traditional rivals Cardiff and Swansea, with Swansea perhaps being the fancied winners. The women's race turned out to be a convincing win for Cardiff. 800m specialist Kath Marshall led off for Cardiff and handed over within striking distance of Swansea's Andrea Whitcomb. Lucy Marland took the second leg and opened a gap over Swansea that was never threatened, Charlotte Artur bringing the team home by a wide margin and running the fastest leg of the race. The B team of Charlotte Gaughin, Emily Brown and Jessica Heggarty were an excellent third and the C team fifth..

The senior men's race was very different. Ciaran Lewis ran an excellent opening leg to keep the team within 50m or so of the leading Swansea and Cardiff Met runners. Second leg runner Matthew Edwards, still not fully recovered from Glandular Fever, slipped back, leaving Tom Marshall a lot to do. Tom managed to close the gap but last leg runner Jon Hopkins took over some 100m behind the second placed Cardiff Met but 200-300m behind Swansea. By the end of the first 2k lap Jon had closed down the Cardiff Met athlete but was still 100m or more behind the leader. With 800m to the finish, Jon took the lead and brought the team home to a convincing victory with the fastest leg of the day. The B team was 10th.

And last but not least, Cardiff's masters team was fourth.

It was great to see so many Cardiff vests competing especially with such success. Congratulations to all.

[**The official results can be viewed here.**](http://www.cardiffaac.org/files/WA%20CC%20Relay%20CH%202015.pdf)

## [Helen is the new President](http://www.cardiffaac.org/news/helenisthenewpresident.htm) Friday 20 November 2015

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

At last night's Annual General Meeting, Helen James was elected the new President of Cardiff AAC, following Bernie Plain who had completed  his two year term.

Speaking after her election, Helen said that, having joined the club when she was 15, she could never have expected, one day, to be its President. She regarded it as a great honour.

Helen is only the second woman, after Kay James, to be President.

Helen has subsequently written,

I am very honoured and proud to be the new President of Cardiff AAC and my thanks go to Bernie Plain who has passed the baton on to me. Bernie has done a fantastic job over the last two years and I can only hope to continue his good work. I would also like to take the opportunity to acknowledge the significant contribution made by Graham Webb as he retires from his role as Chairman of the club.

Thank you also to all of the volunteers in every capacity who generously donate their time to make our club as successful as it is today. Without you we would not have a club.

At this point I wish to express my deep sadness at the passing of Dave Hawthorn who was a wonderful, lovely man and contributed so much to the club. I along with the club offer heart felt condolences to Enfys, Catrin and Daniel at this sad time.

For those that do not know me from the old days, here is a brief history of my time with the club…

Sport was always in the blood. My grandfather William O'Donnell was a 200 & 400 yard Welsh Champion who competed with Ted Hopkins, a former Club President. Incidentally, the President's Cardiff AAC club chain (that was presented to me by Bernie) was given to the club by Ted's wife when he passed away in 1976. Ted was a great man who helped and advised me as a young athlete.

My history with Cardiff AAC dates back to when I was a 14 year-old athlete. I joined the club back in 1970 after returning from New Zealand where I discovered I could run after winning the Auckland School Championships. I went on to have some success, including the Senior Welsh 100m title. I also held the 60m indoor Welsh record and represented Wales at senior level. Unfortunately my athletics career was cut short due to injury.

I was reintroduced to athletics through my children and immediately became involved. As well as coaching I have held a number of roles over the years including team manager and more recently club press officer.

I have experienced several successes over the years I have been with the club, including winning Sport Wales Coach of the Year, receiving life membership of Cardiff AAC and a meritorious award from Welsh Athletics. I have coached over 100 athletes to Welsh titles. However, the most satisfaction is seeing the athletes improve and develop as people and to think that in some way I have helped give them confidence to reach their goals and instill in them that anything is possible.

Cardiff AAC has been a huge part of my life and I hope that I can help further the club’s success.

Helen James, Cardiff AAC President.

After asking for a minute's silence in memory of Dave Hawthorn, Bernie Plain, chairing the meeting, thanked all those who contribute so much, including the team managers, coaches, fellow officers and many others. He especially thanked Kath Elias for her many years as membership secretary and Graham Webb for his term as chairman.

Amongst other remarks, Bernie mentioned the success of the Academy and congratulated those involved.

Other elections made at the AGM were as follows.

Patron: The Lord Mayor  
  
Chairman: Bernie Plain  
General Secretary: Ann Cooper  
Treasurer: Steve Davies  
Membership Secretary: Boudewyn Ligthart  
Chairman of the Track & Field Committee: Andrew Seary  
Secretary of the Track & Field Committee: Ruth Wright  
Coaching Coordinator: Gwyn Jones  
Members elected: Huw Phillips, Garry Jones & Tim Fry.

Additional appointments to the general committee wil be made at its next meeting.

## [Big win for Charlotte](http://www.cardiffaac.org/news/bigwinforcharlotte.htm) Tuesday 17 November 2015

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

Cardiff's Charlotte Arter (pictured at the UKWAL this summer) pulled off an important victory in the Leeds Abbey Dash 10k in Leeds on Sunday last, 15th November.

In only her second 10k since 2012, she beat a quality field of British women to win in a personal best time of 33:03.

Now back living in Cardiff after completing her studies in the USA, we can look forward to further improvements from Charlotte.

In the men's race, Jonathan Hopkins was 29th in 30:52 and Mike Kallenberg was 45th in 31:18.

## [Dave Hawthorn Funeral](http://www.cardiffaac.org/news/davehawthornfuneralx.htm) Friday 13 November 2015

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

The funeral service for Dave Hawthorn will take place at the United Reform Church Van Road Church, Van Road, Caerphilly on Tuesday, 24th November, at 11.15am.

The funeral service will be preceded by a family only service at Thornhill Crematorium.

The church is located near the town end of Van Road and parking is recommended at Morrison's or elsewhere as parking near the church is very limited. Caerphilly railway station is a reasonably easy walk from the church.

## [Top Welsh award for David](http://www.cardiffaac.org/news/topwelshawardfordavid.htm) Thursday 12 November 2015

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

Cardiff's David Omoregie was honoured at last Saturday's Welsh Athletics award ceremony senior male Track Athlete of the Year.

In his first year as a senior David, who is studying at Loughborough University, had won the gold medal in the 110m hurdles at the European under 23 championships and concluded the season in second place on the UK rankings with a personal best time of 13.50secs.

Congratulations to David.

## [Cardiff leading the field](http://www.cardiffaac.org/news/cardiffleadingthefield.htm) Wednesday 11 November 2015

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

On a perfect day for cross country, dry and cool and a little muddy underfoot, the second round of the Gwent Cross Country League was held in Cardiff's Llandaff Fields last Sunday, 8th November.

With more than a hundred and twenty Cardiff athletes taking part, it was great to see so many club vests on display. And with Cardiff athletes prominent in all the age groups, there are 10 team medals up for grabs, with the club leading in four categories.

Individual honours went to Jemima Robinson who won the under 11 girls' race and to Jessica Hegarty who took the under 20 women's event. Second places went to Ben Reynolds (under 13 boys), Carys Bill (under 15 girls), Megan Bowen (under 17 girls) and Ciaran Lewis (under 20 men).

**Cardiff's other top finishers were:**

Under 11 boys: Henry Spencer (8th).  
Under 13 girls: Emily Chrighin (11th).  
Under 15 boys: Morgan James (5th).  
Under 17 boys: James Vincent (4th).  
Senior Men: Matthew Edwards (6th).  
Senior Women: Lucy Marland (8th).

**Cardiff's team positions after two rounds are:**  
  
Under 11 boys: 1st, 17th & 41st  
Under 11 girls: 8th & 24th  
Under 13 boys: 2nd & 13th  
Under 13 girls: 6th, 10th, 16th, 24th & 33rd  
Under 15 boys: 3rd, 7th & 14th  
Under 15 girls: 1st, 7th & 22nd  
Under 17 boys: 2nd & 9th  
Under 17 girls: 2nd, 9th & 16th  
Under 20 men: 1st & 9th  
Under 20 women: 1st  
Senior men: 3rd, 25th & 86th  
Senior women: 3rd, 28th & 74th

The athletes of the day, chosen by the team managers for their performances, were Jemima Robinson for her brilliant win and Ellis Finlayson for his excellent first time performance in a Cardiff vest, making it into the A team. Jemima and Ellis should see team manager Kay Chapman to collect their awards.

It was also great to see some of JensJoggers as well as other "more mature" runners taking part in Cardiff vests.

[**The full results can be seen here.**](http://gwent-league.org.uk/2015/res152.htm)

The third (of five) rounds takes place at the popular Blaise Castle, Bristol on 5th December and we need another strong turnout to push for individual and team medals in all age categories at the end of the season.

## [Dave Hawthorn](http://www.cardiffaac.org/news/davehawthornx.htm) Monday 9 November 2015

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

Cardiff AAC is saddened to learn that Dave Hawthorn, a life member, coach and former team manager, passed away yesterday.

Just over a year ago Dave (69) had been diagnosed with Motor Neurone disease but was determined to carry on with his coaching and had been at the track as usual as recently as last Thursday. He was taken into hospital yesterday.

Dave had been a member of Cardiff AAC for almost thirty years and became a respected UKA Level four long and triple jump coach. Amongst his early protégées was Jayne Ludlow, who was the British under-17 record holder in the triple jump and also represented Great Britain Under-20s. Jayne eventually left athletics to become a successful footballer, captaining Arsenal ladies and Wales, and is now the Welsh ladies team manager. Dave went on to coach many athletes and, indeed, was still doing so.

Amongst his extensive list of contributions to Cardiff AAC, Dave was the British Athletics League team manager during a period that included such fine athletes as Jamie Baulch, Tim Benjamin and others. Along with his wife Enfys, he was an ever-present at club events, a member of the general committee and the initiator of the “MAD” fund raising scheme that has contributed much needed income. He had been the club’s coaching coordinator and was never short of ideas to improve the organisation and standing of the club. As a coach, he appreciated the importance of teaching young athletes good basic skills and, for many years, he organised the popular "TrackRats" that evolved into the successful Cardiff Athletics Academy. He also devised the "dragon" logo that now appears on most of the club's materials and merchandise.

For his contributions to Cardiff AAC he was made a Life Member.

Dave’s contribution went much wider than Cardiff AAC and Welsh Athletics also benefited from his time and expertise. He was regularly appointed to team manage Welsh teams at home and abroad and was the Event Coach for long and triple jump for many years, serving on the coaching and track and field committees of the governing body. In 2007 he received a well deserved Meritorious Award for services to Welsh Athletics.

Dave and Enfys were amongst a small band of Cardiff AAC enthusiasts who travelled around Europe together to the major championships and who would meet up in out of the way places to share a meal and, for the umpteenth time, to discuss how to re-organise the sport in Wales and elsewhere. They had been intending to attend the European Indoor championships in Prague earlier this year but his condition meant that they had to pull out. They also regularly attended UKA championships in Birmingham.

Dave Hawthorn had spent his professional life in education and was one of life’s genuinely nice people. He and Enfys were both hard working and extremely popular and our heartfelt condolences go to Enfys, Daniel, Catrin and all their family and friends.

Dave will be greatly missed.

## [A busy weekend](http://www.cardiffaac.org/news/abusyweekendx.htm) Sunday 8 November 2015

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

Cardiff athletes were out in force this weekend with competitions indoors and out. The second round of the Gwent League was held in Cardiff's Llandaff Fields whilst the multi-event athletes were competing for titles at the NIAC in Cardiff. And, on Saturday, a group of Cardiff cross country runners had travelled to Milton Keynes for the British Cross Challenge.

And successes came thick and fast.

In Milton Keynes, rivals Abi Fisher and Kiara Frizelle were 5th and 8th respectively in the under 15 girls' race and Jon Hopkins was 8th in the senior men's race. Ryan Edwards was 21st in the under 13 boys' race.

The joint Welsh Athletics and Welsh Schools combined events championships at NIAC saw medals coming to Cardiff athletes who were also representing their schools.

Gold medals went to Lauren Evans (under 18 girls), Harry Hillman (under 18 boys) and Tom Britt (under 16 boys). Jordan Fender took the silver medal in the under 16 boys' event and Saffron Maurice took silver in the under 14 girls' event; whilst Evie Wong was 4th in the under 13 girls, Ben Hillman also 4th in the under 14 boys and Sofia Vella was 6th in the under 16 girls'event.

The combined events results can be seen [**HERE**](http://www.cardiffaac.org/files/WA%20WSAA%20Combined%20events%202015.pdf) and a selection of photographs can be seen [**HERE**](http://www.mail2web.com/cgi-bin/redir.asp?lid=0&newsite=https%3A%2F%2Fwww%2Eflickr%2Ecom%2Fphotos%2F91028819%40N07%2Falbums%2F72157660952021642).

A report of the Gwent League will follow.

## [Cardiff Gwent League](http://www.cardiffaac.org/news/cardiffgwentleagueonsunday.htm) Thursday 5 November 2015

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

The second round of this season's Gwent Cross Country League takes place in Cardiff's Llandaff Fields on Sunday next (first event at 12 noon) and, after making a great start in Bridgend on 11th October, Cardiff will hopefully exceed the record turnout last year.

All those intending to compete should, by now, have informed the relevant team managers but there is still time if you have left it late.   
  
Contact your team manager straight away.

**The team managers are:**

Senior Women (U23 and older) - Arwyn Davies 07855 952862 and Liz Davies 07815952457

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

Junior 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 and are advised to get to the venue at least one hour before your race so that you can check with your team manager and walk the course. 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!

[For more information course map, timetable, etc.) click **HERE**.](http://gwent-league.org.uk/2015/fix152.htm)

**And here is an important request to all athletes and parents. Please remember that the team managers are volunteers and take on a difficult responsibility. If you are unhappy with anything please bear this in mind and understand the pressure that team managers are under. On some, thankfully rare, occasions team managers have had to put up with personal criticism and even abuse. Cardiff AAC will not accept this and takes the matter extremely seriously. The use of social media is regarded as particularly unacceptable.**

## [Awards for Graham and Clive](http://www.cardiffaac.org/news/awardsforgrahamandclive.htm) Sunday 1 November 2015

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

At yesterday's Annual General Meeting of Welsh Athletics, Cardiff AAC Life Member Graham Finlayson received the Award of Honour for his services to Welsh athletics and former President and Chairman Clive Williams was made a Life Member of Welsh Athletics.

Graham, who received the BEM, is also a former President of the club and is one of Wales' and Britain's most respected and experienced cross country and road race organisers. He has been the driving force behind both the annual Cardiff 10k road race and the Cardiff Cross Challenge since their inception. Graham is a former middle distance runner.

Clive Williams is also a life member of the club and is well known as a statistician and historian of Welsh Athletics. He was involved in the merger of Birchgrove and Roath Harriers that created Cardiff AAC. Clive is also a former middle distance runner.

Congratulations to Graham and Clive.

## [Second gold for Aled](http://www.cardiffaac.org/news/secondgoldforaled.htm) Wednesday 28 October 2015

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

Aled Davies completed a very satisfactory week's work when he won his second gold medal at the IPC Athletics World Championships in Doha today.  
  
Having already won gold in the F42 shot put, Aled won the F42 discus throw with a distance of 49.59m, ahead of silver medallist Guofeng Kang (China) and an improvement on his own official world record of 48.87m. Aled had led the competition from the first round and his winning throw was over 6m further than Kang's.

After the competition, he said, “I’m delighted because it was one of the most consistent competitions ever for me. Six of the throws were in and four of them were over the old world record. I’m pain free as well which is the main thing".

Congratulations to Aled.

## [More glory for juniors](http://www.cardiffaac.org/news/moregloryforjuniors.htm) Tuesday 27 October 2015

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

Cardiff AAC has been proclaimed Welsh Junior Club of the Year in recognition of its successes in the Welsh Junior League and the UK YDL.

Awards have also gone to Jac Palmer (Welsh Junior Track & Field Athlete of the Year) and to Ceri Jones who is the Young Official of the Year.

Cardiff's junior teams had their most successful year (perhaps ever), winning the Welsh Under 15 League final and reaching the national final of the UK Youth Development League (loer age group) by winning the regional division outright.

Jac Palmer has also had his best season, setting a new personal best and club record of 70.88m in the hammer throw and ending the year in second place on the UK rankings.

Ceri Jones (16) is a versatile athlete who has also shown a keen interest in officiating; she already has an impressive level of qualification and is ever willing to help out.

Ceri has an additional reason to be proud as she is the Welsh representative on the national Athletics Youth Advisory Group, organised by England Athletics on behalf of the whole of the UK. The Group was established "to represent young people in athletics and to help that relevant services are provided".

[**An interesting and informative video (including Ceri) about the Group can be viewed here.**](http://www.englandathletics.org/athletics-youth-advisory-group)

Congratulations to all who have earned these awards, which will be presented on 7th November at the Village Hotel, Cardiff.

## [Second in Snowdon](http://www.cardiffaac.org/news/secondinsnowdonmarathon.htm) Monday 26 October 2015

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

Cardiff's Mike Kallenberg finished in second place in the tough Snowdon Marathon, held on Saturday last, 24th October.

The Snowdon is one of Britain's toughest marathons, ascending by 3000 feet over the 26+ miles course, and this year's event was held in heavy rain.   
  
  
Kallenberg held his form superbly over the closing miles, coming home a little over two mins back on Kent athlete John Gilbert (who set a new course record of 2:33.38) and barely 10 seconds outside of the old course record.

“Im absolutely chuffed”, he stated. “It’s great to come here as a Welshman, finish second and run such an amazing time. This is a great stepping stone for the upcoming World 50k champs that I have too. I was impressed by John today, he was too strong for me and well done to him.”

Mike will make his GB debut in the IAU 50k World Championship in Doha, Qatar, on Friday 4th December 2015.

## [Another Gold for Aled](http://www.cardiffaac.org/news/anothergoldforaled.htm) Thursday 22 October 2015

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

World Record holder Aled Davies secured another world championship in Doha this morning (35° and sunny!) when he took the gold medal in the category F42 shot put at the IPC Athletics World Championships.

In second place to Sajad Mohammadian of Iran for the first four rounds, Aled took the lead with his fifth round effort of 14.88m (a championship record) and improved to 14.95m in the final round.

He commented after his victory: “It’s probably not the performance I wanted, but I came here and I won a major title and that’s what matters at the end of the day. I keep preaching that if it wasn’t for the medical team, I wouldn’t be here and also my coach Ryan Spencer-Jones. I made the move to him and technically I’m in good shape, and I knew I was the best athlete out there. I know I didn’t perform as well as I could have, but I got the gold medal and that’s what it’s all about.”

Aled holds the shot put world record with 15.93m and will also contest the F42 discus next Wednesday, 28th.  
  
Congratulations to Aled.

## [Great Start to Cross Country](http://www.cardiffaac.org/news/greatstarttocrosscountry.htm) Monday 12 October 2015

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

The first round of the 2015-16 Gwent League was held in Bridgend yesterday, 11th October, with a huge turn out of Cardiff athletes.

No fewer than 87 juniors and 23 senior athletes wearing Cardiff vests all contributed to some excellent individual and team results.

Leading the way were the under 15 girls with Abi Fisher, Carys Bill and Kiara Frizelle in first, second and third places and Jessica Wadey in sixth; the entire scoring team of four in the first six.

Describing the day, team manager Kay Chapman said, "The atmosphere today was amazing, with everyone pulling together and supporting each other. I was very proud to be part of Cardiff AAC today and can't wait for the team results to come out."       
  
The top Cardiff performers in each age group were:

Under 11 girls: Jemima Robinson (4th).  
Under 11 boys: Henry Spencer (7th).  
Under 13 girls: Megan Friedli (25th).  
Under 13 boys: Ben Reynolds (2nd).  
Under 15 girls: Abi Fisher (1st).  
Under 15 boys: Morgan James (3rd).  
Under 17 women: Naomi Reid (3rd).  
Under 17 men: Jake Heyward (1st).  
Under 20 women: Jessica Hegarty (1st).  
Under 20 men: Ciaran Lewis (3rd).  
Under 23 men: Owen Haswell (12th).  
Senior women: Camilla Barnes (4th).  
Senior men: Carwyn Jones (4th).

Also running yesterday were club coaches and team managers; Liz Davies, Hannah Pretty, Jen Stone, Tim Fry and Garry Jones.



The club had many new faces competing in a Cardiff AAC vest for the first time and lots of them said they enjoyed the experience. We had several families competing today; the Smith family consisting of dad Steven, Jac, Ben and Iwan, the Gold family consisting of dad Mark, James and Bethany and the James family consisting of dad Huw, mum Mary and Morgan and Elen. We are encouraging more mums and dads to take part so if you are actively running or looking to be part of a club please get in touch - we would love to convert your child's membership into a family membership and welcome you to the Cardiff AAC team family.  Our junior teams always need more runners particularly in the under 11 age group so if you fancy taking part please let your team managers know.

See you all in Llandaff Fields on Sunday November 8th for round 2.

[**A selection of photgraphs from Ceri Jones can be seen here.**](https://www.flickr.com/photos/91028819@N07/albums/72157659303131319)

The full results can be viwed on the [**Gwent League Website**.](http://gwent-league.org.uk/2015/res151.htm)

## [GB debut for Mike Kallenberg](http://www.cardiffaac.org/news/gbdebutformikekallenberg.htm) Thursday 8 October 2015

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

Cardiff's Mike Kallenberg (24), who is in the RAF, has been selected to represent Great Britain at the IAU 50k World Championship in Doha, Qatar, on Friday 4th December 2015.

With a best of 2:19.39 marathon time set earlier this year, Mike is stepping up to the 50k distance.

The race will be held over 10 laps of 5k each.

Good luck to Mike.

## [Annual General Meeting](http://www.cardiffaac.org/news/annualgeneralmeeting2015.htm) Tuesday 6 October 2015

[](http://www.cardiffaac.org/news/annualgeneralmeeting2015.htm)

The 2015 Annual General Meeting of the club will be held at 8pm in the club room on Thursday 19thth 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 29th 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

Secretary of the track and field committee

Cross Country and Road Coordinator

Coaching Coordinator

Two members elected at the Annual General Meeting

**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 2014 AGM
4. Any matters arising from 3.
5. To approve the accounts of the year to 30 September 2015
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.**

## [Road Mile Championships](http://www.cardiffaac.org/news/roadmilechampionshipmedals.htm) Saturday 3 October 2015

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

Welsh Athletics again held its Road Mile Championships in the Cardiff Civic Centre today, 3rd October, and Cardiff athletes won medals in virually every age group from under 11 to masters.

First up onto the podium was Ben Reynolds, making his debut in a Cardiff vest, to win the under 13 boys' championship with brother Jacob taking the silver medal.

James Vincent easily won the under 17 boys' championship, Jack Gooch the under 20s' (he actually won the senior race also as the two age groups were combined), Kath Marshall the senior women's and evergreen James Thie the Masters.

Cardiff's under 20 men achieved a clean sweep of the medals through Jack Gooch (gold), Ciaran Lewis (silver) and Charlie Walker (bronze).

In the first race of the day (the under 11 girls), Jemima Robinson took the bronze medal and she was matched in the under 11 boys' race by Ben Hughes who finished strongly also to take third place. In the under 15 girls'race, Jessica Wadey was second with Carys Bill third and Sofia Vella fourth. This was repeated in the under 17 girls' race with Naomi Reid second and Megan Bowen third. Seth Kelly had finished third in the under 15 boys' race.

And, finally, Matthew Edwards, making a welcome return after illness, took second place in the senior men's race (improving on last year's bronze medal) and Tom Marshall was third.

The races took place in an excellent atmosphere with lots of spectators and although the entrants in some of the races could have been larger, overall this is a good venture that should continue. It is a good curtain raiser for the following day's Cardiff Half Marathon.

[**A selection of photographs taken at the races can be seen here.**](https://www.flickr.com/photos/91028819@N07/albums/72157659461786521)

## [Back to normal on Monday](http://www.cardiffaac.org/news/backtonormalonmonday.htm) Friday 2 October 2015

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

Apart from a few minor items, the alterations to our club room are complete and we shall be opening as usual, with the canteen available as normal, on Monday next, 5th October.

All members, parents and friends are, of course, welcome in the clubroom and we are grateful for your patience and understanding over the past month or so while the room has not been available.

## [Olympic qualifier for Kevin](http://www.cardiffaac.org/news/olympicqualifierforkevin.htm) Tuesday 29 September 2015

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

Cardiff member Kevin Seaward (pictured after the race), who runs for his native Ireland, ran his best ever marathon in Berlin on Sunday last, 27th September, to finish in 21st place in 2:14.52, a personal best by four minutes and a time that achieves Ireland's qualifying time of 2:17 for the Rio Olympoic Games next year.

Kevin was the first home of three Irish athletes who all finished under the qualifying time.

His time takes him to second on the Cardiff AAC all time marathon list behind Dennis Fowles and pushes current club President Bernie Plain into third spot.

The final fling of the track and field season saw Casey Grimwade, Bethan Gammon, Jay Morse, Ffion Palmer and Kieran Grimwade travel to Wrexham last weekend in search of good throwing performances with which to end their seasons. And they were not disappointed.

Cassey, Jay and Kieran all returned with personal best performances and Cassey improved her under 13 girls' discus club record with a throw of 28.41m

The full results can be seen on Power of Ten.

A "final final fling" is being organised at the Cardiff International Sports Stadium tomorrow evening.

## [Start of Cross Country](http://www.cardiffaac.org/news/startofcrosscountry.htm) Sunday 27 September 2015

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

With the track season barely finished, cross country is about to re-start with the first round of the Gwent League at Newbridge Fields on 11th October ( less than two weeks away).

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

The dates and venues for the five rounds are as follows:

October 11th: Newbridge Fields, Bridgend  
November 8th: Llandaff Fields, Cardiff  
December 5th: Blaise Castle, Bristol (TBC)  
February 13th: Monmouth Show Grounds, Monmouth  
March 5th: Penlan Leisure Centre, Brecon

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

Senior Men (U23 and older) – Alex Donald  07740 471573

Senior Women (U23 and older) - Arwyn Davies 07855 952862 and Liz Davies 07815952457

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

Junior 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 and are advised to get to the venue at least one hour before your race so that you can check with your team manager and walk the course. 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!

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

**And here is an important request to all athletes and parents. Please remember that the team managers are volunteers and take on a difficult responsibility. If you are unhappy with anything please bear this in mind and understand the pressure that team managers are under. On some, thankfully rare, occasions team managers have had to put up with personal criticism and even abuse. Cardiff AAC will not accept this and takes the matter extremely seriously. The use of social media is regarded as particularly unacceptable.**

Cross country is and extremely valuable part of an athlete's programme and can be very rewarding and enjoyable.

Good luck to all over the winter season.

## [Road Mile Championships](http://www.cardiffaac.org/news/roadmilechampionships.htm) Wednesday 23 September 2015

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

Welsh Athletics is again holding its road mile championships around Cardiff's Civic Centre on Saturday 3rd October, the day before the Cardiff Half Marathon.

Having won numerous medals in last year's event, including a clean sweep in the senior men's race (Elliot Slade, pictured winning), James Thie and Matthew Edwards), this is an excellent opportunity for Cardiff athletes to mount the podium again.

## [Club Record in Cornwall](http://www.cardiffaac.org/news/clubrecordsincornwall.htm) Monday 21 September 2015

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

Jay Morse and Bethan Gammon, both looking for end of season competition, competed in the Newquay and Par Open Throws competition in Cornwall yesterday, 20th September).  
  
Jay (pictured) broke his own under 15 boys' discus record with a throw of 49.36m while Bethan improved her shot put personal best with a put of 8.30m  
  
Jay improved his No.1 ranking in the UK and is close to breaking the 50m mark.

Both Jay and Bethan had a busy day and contested other events. Bethan placed second in the under 15 discus with 29.13m and also won the hammer 33.97m.

Jay, meanwhile, had an even busier day, winning the hammer in a personal best of 40.05m, the javelin with 34.03m and putting the shot 13.24m

## [Aled in World team](http://www.cardiffaac.org/news/aledinworldteam.htm) Thursday 17 September 2015

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

Aled Sion Davies has been included in the great Britain team, announced today, to contest the IPC World Championships that take place in Doha from 22nd to 31st October.

Aled (who is coached by international shot putter Ryan Spencer Jones) will take part in the shot put and discus in the F42 category. He is the defending champion and world record holder in both events and is strongly tipped to retain both titles.

Congratulations and good luck to Aled.

## [Best Presentation Night](http://www.cardiffaac.org/news/bestpresentationnight.htm) Monday 14 September 2015

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

Over 200 Cardiff AAC members and parents attended the annual Presentation of Awards evening last night, held for the first time at the Cardiff City Stadium, the record turnout reflecting the growth and success that the club has enjoyed in the past few years.

Presenting the awards were special guests, club captain and Great Britain Olympian Brett Morse and Welsh Athletics’ Emma Wiltshire, who won no fewer than six gold medals at the recent World Transplant Games in Argentina.

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:  Ben Vincent  
Under 13 girls:   Safrron Maurice  
Under 15 boys:  Morgan James  
Under 15 girls:   Elliza Hill  
Under 17 boys:  Harry Hillman  
Under 17 girls:   Lauren Evans

**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:  Joshua Beecher  
Under 11 girls:  Jemima Robinson  
Under 13 boys:  Matthew Register  
Under 13 girls:  Scarlett Russell  
Under 15 boys:  Callum Russell  
Under 15 girls:  Bethan Gammon  
Under 17 boys:  James Vincent  
Under 17 girls:  Rebecca Kennett  
Under 20 men:  Nicholas Jones  
Under 20 women:  Claire Taylor

**The Simon Lane Memorial Award** went to Annwen Gammon who, although injured for the whole season, turned up to support her sister, officiate and even run a relay leg and throw the occasional implement; even though she is a middle distance runner.

**Best Performance awards:**  
  
These awards are based on athletes' performances in championships and taking into account Welsh and UK rankings in 2015.

Under 13 boys:  Carter Staples  
Under 13 girls:   Brooke Annandale  
Under 15 boys:  Jay Morse and Thomas Hanson  
Under 15 girls:   Isabel Breeden  
Under 17 boys:  Kebba Saidykhan  
Under 17 girls:  Amelia Reynolds  
Under 20 men:  Jac Palmer   
Under 20 women:  Tasia Stephens

A special presentation was made to Ceri Jones of an Award by European Athletics for outstanding volunteering

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 which [**are now available in GALLERIES**](http://www.cardiffaac.org/galleries/presentationevening2015/default.htm).

[**A selection of photographs taken by Gwyn Jones can be seen here.**](https://www.flickr.com/photos/91028819@N07/albums/72157658561849642)

## [10k successes](http://www.cardiffaac.org/news/10ksuccesses.htm) Thursday 10 September 2015

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

Cardiff AAC teams were first and second in the Cardiff 10k held last Sunday, 6th September.

In the 30th edition of this popular annual race, and with more than 5,000 runners, the club's senior men's team (Ieuan Thomas, Jon Hopkins, Mukhtaar Farhan and Elsidig Ibrahim) was first and the ladies' team (Lucy Marland, Megan Bowen, Liz Davies and Rhian Jones) was second.

In the junior 2k race that preceded the main event the first four home were Cardiff members. Morgan James (photograph kindly provided by Paul Stillman) and Seth Kelly (both of whom had competed in the YDL final in Birmingham the day before) were first and second respectively and were followed across the line by newly joined brothers Ben and Jacob Reynolds.

Congratulations to race organiser Graham Finlayson and his team for another excellent event that, this year, was blessed with glorious sunshine.

## [Fifth best in the UK](http://www.cardiffaac.org/news/fifthbestintheuk.htm) Sunday 6 September 2015

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

Cardiff's junior YDL team showed that it can hold its own with the best when it finished in an excellent fifth place at the UK Youth Development League (U15/U13 age group) national final at Alexander Stadium in Birmingham yesterday, 5th September.   
  
Having already won the Midland Premier division, Cardiff had been an automatic qualifier for the final.

Amongst numerous superb Cardiff performances, Tom Hanson's shot put win with a league record performance of 15.49m secured him the Norma Blain MBE performance of the match award. Tom also won the under 15 boys B discus competition, in which A winner Jay Morse also secured a double victory, having earlier won the shot put B event.

Other event winners were Elliza Hill (under 15 girls' 100m A in a personal best time), Jessica Wadey (U15 girls' 800m A), Tyler Santos (U13 boys' javelin A), Abi Fisher (U15 girls' 1500m B), Clara Nuthall (U15 girls' 75m hurdles B), Bethan Gammon (U15 girls' hammer A), Catrin Jones (U15 girls' high jump B) and Emma Fitzherbert (U13 girls' javelin B).

To round off the day the under 13 boys' 4x100m relay team (Ben Hillman, Philip Grundy, Harry Owen and Carter Staples) demonstrated some slick baton passing to win in a club record time of 52.99 seconds.

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

**Under 15 boys:**  
**Gold:** Jay Morse (discus A & shot put B); Tom Hanson (shot put A & discus B).  
**Silver:** Thomas Atkinson (80m hurdles B).  
**Bronze:** Thomas Britt (80m hurdles A & pole vault A); Maurice Klommite (100m B); Seth Kelly (800m A).

**Under 15 girls:**  
**Gold:** Elliza Hill (100m A); Jessica Wadey (800m A); Clara Nuthall (75m hurdles B); Abi Fisher (1500m B); Bethan Gammon (hammer A); Catrin Jones (high jump B).  
**Silver:** Lana Culliford (300m A); Isabel Breeden (75m hurdles A);   
**Bronze**: Kiara Grizelle (1500m A); Bethan Gammon (discus A); Bethan Cushion (high jump A); Anais Rowlands (hammer B).

**Under 13 boys:**  
**Gold:** Tyler Santos (javelin A); Ben Hillman (long jump B).  
**Silver:** Carter Staples (200m A); Philip Grundy (100m B); Matthew Register (75m hurdles A); Ben Vincent (long jump A).  
**Bronze:** Philip Grundy (200m B); Gethin Evans (800m B).

**Under 13 girls:**  
**Gold:** Emma Fitzherbert (javelin B).  
**Silver:** Saffy Maurice (70m hurdles B); Scarlett Russell (javelin A); Brooke Annandale (long jump A).  
**Bronze:** Saffy Maurice (high jump B); Emma Fitzherbert (shot put B).

**The team scores were:**  
  
1. Edinburgh AC (608)  
2. Blackheath & Bromley H AC (599)  
3. Sale H Manchester (591)  
4. Southampton AC (549.5)  
5. Cardiff AAC (527.5)  
6. Rugby & Northants AC (507.5)  
7. Reading AC (448)  
8. Preston H (405.5)

It was an excellent day for Cardiff AAC and congratulations go to the whole team as well as to the brilliant and enthusiastic team managers Jen Stone, Alan Wadey and AJ and not forgetting the other parents and friends who have supported the team throughout the season.

[**The full results can be seen here.**](http://www.cardiffaac.org/files/YDL%20Final%202015.pdf)

[**A selection of photographs taken yesterday can be seen here.**](http://www.mail2web.com/cgi-bin/redir.asp?lid=0&newsite=https%3A%2F%2Fwww%2Eflickr%2Ecom%2Fphotos%2F91028819%40N07%2Falbums%2F72157658260597795)

## [Up with the best](http://www.cardiffaac.org/news/upwiththebest.htm) Friday 4 September 2015

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

Eleven Cardiff athletes travelled to Bedford last weekend (29 & 30 August) for the England Athletics under 17 and under 15 championships, which are, in reality, UK championships.

Showing that they can hold their own with the best in Britain, Amelia Reynolds, Jay Morse and Tom Hanson each returned home with a silver medal.

Amelia Reynolds won her heat of the under 17 women's 300m and went on to come second in the final in the excellent time of 38.78 seconds, a club record that improves Dawn Higgins' time of 40.10 set 23 years ago, in 1992.

Consistent throwers Tom Hanson and Jay Morse justified their UK rankings (Tom is second and Jay is first) in the under 15 boys' shot put and discus respectively, each taking the silver medal. Jay also came fifth in the shot put.

Other Cardiff athletes making the journey to Bedford were Rebecca Kennett (U17 100m), Jessica Wadey (U15 800m), Naomi Reid (U17 800m), Kiara Frizelle (U15 1500m), Abi Fisher (U15 1500m), James Vincent (U17 1500m), Lana Culliford (U15 200m) and Lauren Evans (U17 long jump). Although not winning medals, all these athletes will certainly gain from the experience of a higher level of competition.

[The results can be seen here.](http://www.cardiffaac.org/files/England%20age%20group%20ch%202015.pdf)

[**Clean sweep in Bute Town Mile**](http://www.cardiffaac.org/news/cleansweepinbutetownmile.htm) **Monday 31 August 2015**

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

Cardiff athletes took the first three places in the Bute Street Mile, held yesterday 30th August.

Tom Marshall was first home in a time of 4.24, closely followed by Adam Davies in 4.28 and Matthew Edwards in 4.30.

In the junior races, Carys Bill and Lloyd were also winners.

The results are available on the Welsh Athletics website.

[**Colwyn Bay results**](http://www.cardiffaac.org/news/coleenbayresults.htm) **Sunday 30 August 2015**

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

Several Cardiff athletes contributed to the South Wales team that took part in the Welsh Inter Regional Championships in Colwyn Bay yesterday 29th August.

Double wins were achieved by Kristian Jones (making a welcome return to form) who took the senior men's 100m and 200m and Iwan Robinson-Booth who won the same two events in the under 15 boys' age group. In the senior women's events, Lucy Marland won both the 1500m and 3000m.

And Betham Gammon won the under 15 girls' hammer with a championship best performance of 41.67m.

Other Cardiff winners were:

Under 17 men: Kieran Grimwade (hammer).

Under 15 boys: Seth Kelly (800m); Morgan James (1500m); Tom Britt (pole vault); Josh Lock (long jump).

Under 17 women: Lois Hillman (pole vault).

Under 15 girls: Eliza Hill (100m); Carys Bill (1500m); Isabel Breeden (75m hurdles).

[**We are the champions**](http://www.cardiffaac.org/news/wearethechampionsz.htm) **Sunday 23 August 2015**

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

A great all round team effort in Newport today saw Cardiff's talented junior athletes take the Welsh Under 15 Junior League title with a winning points total of 1226, 94 points ahead of Cardiff Archers (1132) and Swansea H & AC (1107).   
  
Tom Britt and Bethan Gammon received the trophy from Welsh Athletics chair Carol Anthony on behalf of the whole team.

On a day that started with heavy rain, dried up for a while and rained again before ending in sunshine, every member of the Cardiff team contributed to its success. With Cardiff athetes chalking up win after win, the club took the lead from the first event and was never headed. As the afternoon wore on the only question was how many points we would win by. The day ended on a high note with Cardiff winning four of the six sprint relays.

Most of the athletes who represented Cardiff today will form the nucleus of the team that will travel to Birmingham on 5th September for the national final of the UK YDL. This will be a much tougher challenge but Cardiff can go forward to this competition with confidence.

What was impressive was the determination of each and every athlete to do his or her very best, in the interest of the team (great team spirit). Typical of this spirit was the mature way in which Kiara Frizelle and Abi Fisher (pictured) out-thought their rivals before racing each other down the home straight for a one-two finish in the under 15 girls' 1500m.



**Cardiff's individual event winners were:**  
  
**Under 15 boys:** Josh Lock (100m A & long jump A); Maurice Klommite (100m B & 200m B); Seth Kelly (300m A & 800m A); Joseph Coope-Franklin (300m B); Tom Britt (pole vault A & long jump B); Tom Hanson (shot put A); Jay Morse (shot put A & hammer A).  
  
**Under 15 girls:** Eliza Hill (100m A): Clara Nuthall (100m B & 75m hurdles B); Isabel Breeden (200m A & 75m hurdles A); Lara Culliford (200m B); Jessica Wadey (300m A & 800m A); Carys Bill (800m B); Kiara Frizelle (1500m A); Abi Fisher (1500m B); Catrin Jones (1000m walk A); Amy Morris (1000m walk B); Bethan Gammon (hammer A).  
  
**Under 13 boys:** Carter Staples (100m A & 200m A); Harry Whittaker (1000m walk A); Sean Edminston-Lane (1000m walk B); Tylor Santos (javelin A & discus B).

**Under 13 girls:** Emmanuelle Kone (100m A & discus B); Holly Medina (100m B & 200m B); Saffy Maurice (200m A & 70m hurdles B); Brooke Annandale (70m hurdles A & long jump B); Cassey Grimwade (discus A & javelin B).

**Under 11 girls:** Jemima Robinson (800m A & 150m B); Megan Hastings (shot put A).

[**The full results may be seen here.**](http://www.cardiffaac.org/files/WJL%20Final%202015.pdf)

[**A selection of photographs taken by Gwyn Jones can be seen here.**](http://www.mail2web.com/cgi-bin/redir.asp?lid=0&newsite=https%3A%2F%2Fm%2Eflickr%2Ecom%2F%23%2Fphotos%2F91028819%40N07%2Fsets%2F72157657247568640%2F)

Those older club members recall that Cardiff has never failed to qualify for this final and the last time we won was in 2000 (although the format was different then). Congratulations must go to the athletes but also to the coaches and team managers whose support and enthusiasm are so important.

[**Annual Presentation Evening**](http://www.cardiffaac.org/news/annualpresentationeveningx.htm) **Saturday 22 August 2015**

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

The 2015 Cardiff AAC Annual Presentation of Awards Evening will be held on Sunday 13 September starting at 6.30pm. We shall be at a new venue this year; the Cardiff City Stadium (entrance off Leckwith Road), where there is plenty of parking space.

The Presentation evening is the culmination of the season and this year will be taking place just one week after the national final of the UK Youth Development League in Birmingham to which Cardiff qualified in style.

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

All athletes, coaches, volunteers and parents are welcome to attend and celebrate the fantastic talent that we have in Cardiff AAC

Admission is a nominal £3 per person and tickets  can be purchased in advance from a club official at Cardiff International Stadium. Alternatively just turn up and pay at the door.

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 be a raffle and donations of prizes will be appreciated.

This is always a great evening so be sure not to miss it..

[**Notice to Javelin Throwers**](http://www.cardiffaac.org/news/noticetojavelinthrowers.htm) **Wednesday 19 August 2015**

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

Alyson Hourihan will be away for six weeks from the beginning of September until mid-October. During this period, Graham Webb will be available to help with javelin.  
  
Roger Grindle will be there for discus, shot and hammer on the Mondays.

[**More titles on day 2**](http://www.cardiffaac.org/news/moretitlesonday2.htm) **Monday 17 August 2015**

[](http://www.cardiffaac.org/news/moretitlesonday2.htm)

Cardiff athletes won a further 27 medals on the second day of the Welsh Championships in Newport yesterday, 16th August.

While Tom Hanson (pictured) set a new championship best performance in winning the under 15 boys' shot put with a throw of 15.62m (just short of a personal best), Tom Britt picked up two gold medals, in the under 15 boys' 80m hurdles and the long jump, to add to the silver he won in the pole vault the day before.

The rivalry between Abi Fisher and Kiara Frizelle over 1500m continued with Kiara once again just edging out Abi to take the under 15 girls' title.

Iwan Robinson-Booth and Jake Dawkins added the 200m titles to those over 100m whilst Jay Morse won his specialist discus to add to his hammer win. And the day ended on a high note with consistent Isabel Breeden winning the under 15 girls' 75m hurdles and Clara Nuthall third.

**Cardiff's medallists were:**  
  
**Senior Women:**  
**Gold:** Bethan Davies (3000m walk).

**Under 20 men:  
Gold:** Jake Dawkins (200m).  
**Silver:** Luke Harry (400m hurdles); Elliott Richards (1500m); Bethan Evans (1500m); Kristian Jones (200m); Matteo Holmes (shot put).    
**Bronze:** James Vincent (1500m); Ryan Grimwade (110m hurdles).

**Under 20 women:  
Gold:** Claire Taylor (long jump).  
**Silver:** Alice Nottingham (400m hurdles); Claire Taylor (100m hurdles).  
**Bronze:**  
  
**Under 15 boys:  
Gold:** Thomas Britt (80m hurdles & long jump); Iwan Robinson-Booth (200m); Thomas Hanson (shot put); Jay Morse (discus).   
**Silver:** Morgan James (1500m); Jay Morse (shot put).  
**Bronze:** Caerwyn Phillips (1000m walk).   
  
**Under 15 girls:  
Gold:** Kiara Frizelle (1500m): Isabel Breeden (75m hurdles).  
**Silver:** Abi Fisher (1500m).  
**Bronze:** Ellie May Stonehewer (long jump); Clara Nuthall (75m hurdles).

**Under 13 boys:  
Gold:** Lloyd Clarke (1000m walk).

**Under 17 men:**  
**Silver:** Daniel McKerlich (3000m walk).

[**The results can be seen here.**](http://www.cardiffaac.org/files/W%20Jnr%20Champs%2015%2016%20Aug%202015.pdf)

[**A selection of photographs taken by Ceri Jones can be seen here.**](https://www.flickr.com/photos/91028819@N07/albums/72157657345672741)

[**Medals and PBs aplenty**](http://www.cardiffaac.org/news/medalsandpbsaplenty.htm) **Sunday 16 August 2015**

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

Cardiff athletes completed the first day of the Welsh Under 15 and Under 20 championships in Newport yesterday, 15th August, with medals and personal best performances. Of the 23 medals won, just over half were achieved with individual best performances which is extremeny encouraging.

Cardiff athletes were first second and third home in the Under 20 800m through Nicholas Jones, Elliott Richards and Dafydd George whilst brother and sister hammer throwers Jac and Ffion Palmer (pictured) both won medals, Jac securing the Under 20 gold with a championship best performance and Ffion (still only 15) taking silver in the Under 20 women's event with a personal best.

**Cardiff's medallists were:**  
  
**Under 15 boys:**   
**Gold:** Iwan Robinson-Booth (100m); Jay Morse (hammer).  
**Silver:** Thomas Britt (pole vault).  
**Bronze:** Seth Kelly (800m).

**Under 15 girls:**  
**Gold:** Jessica Wadey (800m).  
**Silver:** Bethan Gammon (hammer); Bethan Cushion (high jump).  
**Bronze:** Lana Culliford (300m).

**Under 20 men:**  
**Gold:** Jake Dawkins (100m); Nicholas Jones (800m); Jac Palmer (hammer); Richard Dangerfield (javelin); Ryan Grimwade (pole vault).  
**Silver:** Kristian Jones (100m); Ryan James (400m); Elliott Richards (800m); Matteo Holmes (javelin).  
**Bronze:** Dafydd George (800m); Rhodri Davies (pole vault).

**Under 20 women:**   
**Gold:** Katy Green (high jump); Tasia Stephens (javelin).  
**Silver:** Claire Taylor (high jump); Ffion Palmer (hammer); Catrin Lord (triple jump).

[**The official results can be seen here.**](http://www.cardiffaac.org/files/WA%20Champs%2015%20Aug%202015.pdf)

[**A selection of photographs taken by Ceri Jones can be seen here.**](http://www.mail2web.com/cgi-bin/redir.asp?lid=0&newsite=https%3A%2F%2Fwww%2Eflickr%2Ecom%2Fphotos%2F91028819%40N07%2Falbums%2F72157657232962706)

[**Something for everyone**](http://www.cardiffaac.org/news/somethingforeveryone.htm) **Thursday 13 August 2015**

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

There are plenty of Cardiff AAC members who like to go running just for the enjoyment of it and to keep fit and healthy. One of these is Jen Stone who has started up a Ladies Running Group.

Jen stresses that this group is to encourage "social" runners and that all ages and abilities are welcome.

Pictured are Jen with Sarah Maurice and Kay Chapman before setting off.

The plan is to go for a run together every Monday and/or Thursday evening starting from the athletics stadium at Leckwith, with distances and routes variable according to experience and fitness. Cardiff AAC is sometimes thought to be for elite athletes only but this is far from the case and anyone that would like to join this group is encouraged to give it a go.

You can contact Jen at [jen.stone51@hotmail.co.uk](mailto:jen.stone51@hotmail.co.uk) or on her mobile phone 07814 732 447.

Jen would love to hear from you.

Why not give it a try?

[**Mixed fortunes for seniors**](http://www.cardiffaac.org/news/mixedfortunesforseniors.htm) **Tuesday 11 August 2015**

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

Cardiff's senior men's and women's teams were in action last weekend with the men competing in Liverpool on Saturday, 8th, and the ladies in Wigan the following day, Sunday 9th.

Although taking only one individual event victory, excellent team support saw the women achieve their best result of the season, finishing in a fine third place and securing their place in the UK Women's Athletic League Division one for a further season.

On the other hand, the men, with a seriously depleted team, could only finish eighth and last of the teams and are relegated to Division two of the British Athletics League.

The women's team can take great satisfaction from its three matches this season, improving on each occasion. Sixth in the first round, the team moved up to fifth in the second round and finally third last weekend. Key to the team's performance on Sunday was the fact that Cardiff was represented in every event and although the only individual winner was long jumper Rebecca Chapman (who won the **Javelin** B event), Cardiff athletes performed well to clock up the points and particular congratulations go to Charlotte Arter who was narrowly beaten into second place in the 2000m steeplechase and took a big slice off her previous best and the club record and went to second place on the UK rankings.

Congratulations also to team manager Sharon Heveran who travelled to Wigan even though unwell. There is no doubt, if this entusiasm continues into next year the team cam be a serious contender for promotion to the Premier Division.

**The match result was:**  
  
1. Notts AC (192 points)  
2. Bristol & West AC (182)  
3. Cardiff AAC (179)  
4. Shaftesbury Barnet H (177)  
5. Wigan & District H (160)  
6. Trafford AC (154)  
7. Sale H Manchester (147)  
8. Southampton AC (68)

**The final league position is:**

1. Notts AC ( 21 points)  
2. Shaftesbury Barnett H (20)  
3. Wigan & district H (15)  
4. Bristol & West AC (15)  
5. Cardiff AAC (13)  
6. Trafford AC (12)  
7. Sale H Manchester (9)  
8. Southampton (3)

[**The official results can be seen here.**](http://www.cardiffaac.org/files/UKWL%20Aug%2015.pdf)

Unlike the ladies, there were too many gaps in the senior men's team even though they won two individual events (Ryan Cooper in the 400m hurdles B event and Owen Smith in the 400m A) and with many of the club's best athletes not making themselves available the result was perhaps inevitable.

Next year, Cardiff will be in Division two where their rivals will include Swansea H AC, whose team gained promotion from Division three. Cardiff is surely too strong to remain at this level of the British Athletics League and needs only the support of its many good athletes to bounce straight back up.

[**The official results can be seen here.**](http://www.cardiffaac.org/files/BAL%20Aug%202015.pdf)

[**Welsh League Final**](http://www.cardiffaac.org/news/welshleaguefinal.htm) **Tuesday 11 August 2015**

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

The final of the new-format Welsh League was held in Swansea on Sunday 9th August and included Cardiff athletes looking for end of season competition.

Having competed for the BAL team in Liverpool the day before, Ciaran Lewis, Matthew Richardss and Ryan Grimwade won their respective events in Swansea to complete a busy weekend for them.

**Cardiff's winners in Swansea were:**  
  
**Men:** Kristian Jones (100m & 200m Heat 1); Aarron Owen (100m Ht 3); Ciaran Lewis (1500n steeplechase); Matthew Richards (Hammer); Ryan Grimwade (Pole Vault); 4x100m; 4x400m.

**Women:** Amelia Reynolds (100m & 300m Ht 1); Emily Griffin (800m); Katy Green (High Jump); Olivia Evans (Pole Vault); Ffion Palmer (Hammer); 4x100m; 4x400m.

The league final included under 20 and under 17 competitors as well as seniors and [**the full results can be seen here**](http://www.cardiffaac.org/files/WA%20Senior%20League%20Aug%202015.pdf).

## [Up-date and reminder](http://www.cardiffaac.org/news/updateandreminder.htm) Saturday 8 August 2015

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

Work in the club room will definitely start on Monday next, 10th August and is expected to continue until the end of September.

During this period the room will not be available for club use but members, parents and friends are welcome to use the Brecon Carreg room which is at the far end of the long corridor from the clubroom. In addition, use may be made of the stadium foyer although work will be taking place in part of this for a couple of weeks.

General use of the stadium and the track and field facilities is not affected and the club will carry on much as normal.

Further information will be announced as it comes to us and for further details, please speak to Bernie Plain or John Lister.

## [Another summer's day](http://www.cardiffaac.org/news/anothersummersday.htm) Tuesday 4 August 2015

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

Adfter the soaking at Swansea the previous weekend, it was not much better in Hereford on Saturday last, 1st August, for the final round of the Welsh Junior League. With sunshine, sudden downpours of rain and a blustery wind, nobody would have been surprised had it snowed.

Overcoming it all, Cardiff's young athletes were determined once again to make their marks and sailed through to the Welsh final in Newport on 23rd August as overall winners of the under 15 (boys and girls) and under 13 (boys and girls) categories.

Individual performances that stood out included Tom Britt's personal bests in the 80m hurdles and pole vault (the latter by a massive 10cms), Brooke Annandale's three victories in the 70m hurdles, long jump and 100m, ever reliable Jay Morse's triple in the discus, shot put and hammer (plus a leg in the relay), Isobel Breeden's 200m and 75m hurdles (the hurdles starting in the dry and ending in a sudden downpour), Bethan Gammons' discus and hammer double, Cassey Grimwade's shot put and discus double and Bailee Wheedon's 75m hurdles and 100m double.



**Individual Cardiff winners were:**  
  
**Under 11 girls:** Nadu Aryee (150m Ht 1); Jemima Robinson (800m Ht 2).

**Under 13 girls:** Holly Medina (100m Ht 1); Brooke Annandale (100m Ht 3 & 70m Hurdles Ht 1 & long jump); Saffy Maurice (200m Ht 1); Eliza Price (1000m walk); Jeorgie Rogers (70m hurdles Ht 2); Cassey Grimwade (shot put & discus); Scarlett Russell (javelin).

**Under 15 girls:** Eliza Hill (100m Ht 1); Isobel Breeden (200m Ht 1 & 75m hurdles Ht 1); Lana Culliford (300m Ht 1); Jessica Wadey (800m HT 1); Catrin Jones (1000m walk); Bethan Gammon (discus & hammer).

**Under 13 boys:** Ben Hillman (100m Ht 1); Bailee Wheedon (100m Ht 4 & 75m Hurdles); Philip Grundy (200m Ht 1); Harry Whittaker (200m Ht 3); Harry Owen (long jump); Lloyd Clark (discus).

**Under 15 boys:** Luca Contino (100m Ht 2); Caerwyn Phillips (1000m walk); Thomas Britt (80m hurdles Ht 1 & pole vault); Josh Locke (long jump); Jay Morse (shot put, discus & Hammer).

[**The full results can be seen here.**](http://www.cardiffaac.org/files/WJL%20Hereford%201%20Aug%202015.pdf)

## [More Champions](http://www.cardiffaac.org/news/morechampions.htm) Monday 3 August 2015

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

Welsh Athletics 3000m and relay championships were incorporated into the Welsh International held last Wednesday, 29th July and Cardiff athletes did not leave empty handed, collecting seven 3000m and three relay championship medals.

Gold medal winners were Kiara Frizelle in the under 15 girls' 3000m whilst the relay teams benefited from their baton changing practice to win both the under 13 girls and under 15 girls' 4x100m championships. The Cardiff B team took the bronze medals in the under 15 girls' race.

In the under 15 girls' 3000m championship, Abi Fisher took the silver medal behind Kiara, being overtaken only in the final straight. Morgan James, running determinedly as always, was second in the under 15 boys' 3000m while Jac Smith, Bethan Evans and Lucy Marland also struck silver in the under 17 men's, under 17 women's and senior women's races.

In the international events, Paul Bennett continued his run of good form to win the 400m hurdles whilst Amelia Reynolds, Sam Gordon, and Owen Smith also won their respective races. In the field, Tasia Stephens won the javelin, Rebecca Chapman the long jump and Brett Morse the discus, once again throwing in excess of 63m.

European under 23 champion David Omoregie received a warm welcome and demonstrated fine hurdling technique to win the 110m hurdles in 13.89, into a slight wind.

[**The full results can be seen here.**](http://www.cardiffaac.org/files/WA%20Intenational%20Aug%202015.pdf)

## [Club room news](http://www.cardiffaac.org/news/clubroomnews.htm) Wednesday 29 July 2015

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

Members will be aware that changes are being made at the Cardiff International Sports Stadium.

Within the club room a mezzanine floor is going to be installed and it is expected that work will start on Monday 10th August. The room will also be re-decorated and refurbished.

The work will take 6-8 weeks and, during this period, the room will not be available to us.

Arrangements have been made for members, parents and officials to use the “Brecon Carreg” room which is located at the far end of the corridor on the same floor as the club room.

Use of the track and field facilities will not be affected during this period.

The mezzanine floor will be fitted out as a student learning area and will not be available for club use except by special arrangement.

After the completion of the mezzanine, the lower floor will resume as Cardiff AAC’s headquarters room and it is hoped that we shall be able to restart normal activities on or about Monday 28th September at the latest. The actual date will be announced on the club’s website and Facebook page**.**

Further details will be announced as they are known.

The overall picture is that the management of the stadium is being taken over by Cardiff and Vale College which will use it as its sports campus. The name will probably change to *Cardiff International Sports Campus.* The work going on on the ground floor is to convert the fitness rooms into classrooms for the college's students and is expected to be completed in time for the beginning of next term in September.

No doubt there will be changes in the style of management but the stadium's primary role as Wales' national athletics stadium has been guaranteed.

If any of this information should change details will be announced here.

## [A summer sport?](http://www.cardiffaac.org/news/asummersportx.htm) Monday 27 July 2015

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

The day was cold, with relentless, driving rain. It eased for an hour or so in the afternoon but returned for the final hour. These were the conditions that Cardiff's UK Youth Development League (upper age group) had to contend with in Swansea yesterday, Sunday 26th July, for the final round of this year's series.

Despite absentees, all credit must go to those athletes (and officials) who turned out to support their team and to ensure that Cardiff finished fourth and secured its place in the Midlands Premier division for next year.

Fortunately for the jumpers and vaulters, their events were transferred to the indoor facilities where they could enjoy the warmth and dry (lucky ones!).

There was a remote chance that either Swansea or Cheltenham could overhaul Cardiff but this quickly became unlikely and both those teams will be relegated.

**The final team scores were:**  
  
1. Team Devon & Cornwall (772 points)  
2. Team Avon (605)  
3. West Wales (573)  
4. Cardiff AAC (479)  
5. Swansea H AC (345)  
6. Cheltenham & County AC (257)  
  
**The final league position is:**  
  
1. Team Devon & Cornwall (24 points)  
2. Team Avon (19)  
3. West Wales (16)  
4. Cardiff AAC (12)  
5. Cheltenham & County AC (8)  
6. Swansea H AC (6)

[**The official results can be viewed here.**](http://www.cardiffaac.org/files/YDL%20U%20July%2015.pdf)

**Cardiff's individual event winners were:  
  
Under 20 men:** Ryan Cooper (400mH A); Luke Harry (400mH B); Ciaran Lewis (2000m steeplechase A); Ryan Grimwade (Discus B); Richard Dangerfield (Javelin A).  
  
**Under 17 men:** Kieran Grimwade (Hammer; Charlie Pegrum (High Jump); Rhodri Davies (Pole Vault).  
  
**Under 20 women:** Alice Nottingham (400mH A); Elen Evans (hammer A); Sofia Ali (Hammer B); Claire Taylor (Long Jump).  
  
**Under 17 women:** Amelia Reynolds (300m A); Ffion Gregson-Lewis (3000m B); Lauren Evans (80mH A); Katy Green (High Jump).

[**Weekend personal bests**](http://www.cardiffaac.org/news/weekendpersonalbests.htm) **Thursday 23 July 2015**

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

Three Cardiff AAC athletes set personal best times at the BMC Grand Prix in Oxford last Saturday, 18th July.

New member Katherine Marshall reduced her best time for 800m to an excellent 2:04.28 to join Rhianwedd Price (2:04.02) as a very powerful club pairing over the distance.

Also in the 800m, Jack Gooch (pictured) set a new personal time of 1:53.04 while, in the mile, Rowan Axe set a personal best of 4:04.99.

Katherine's husband Tom was just outside his best over 800m with 1:52.42. Also in Oxford were Bethan Strange (2:13.36 for 800m), Charlotte Gaughan (2:13.77 for 800m), Charlotte Arter (4:19.82 for 1500m) and Kate Seary (4:38.96 for 1500m).

In the Loughborough International, Brett Morse was just short of the 65m qualifying distance for the World Championships, winning the discus with a throw of 63.06m.

Charlotte Wingfield, who is coached by former Cardiff AAC star Matt Elias and who represented Malta at the recent European Under 23 Championships, has been selected to represent Malta at the IAAF World Championships in Beijing. Congratulations and good luck to Charlotte.

## [Entry deadlines](http://www.cardiffaac.org/news/entrydeadlinesxx.htm) Tuesday 21 July 2015

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

REMINDER - Entries for the Under 15 and under 20 Welsh Athletics Track and Field Championships (and the senior 10,00m and all age groups walks) close on Thursday of this week (that's the day after tomorrow) at 5pm. The championships are on 15/16 Agust in Newport).

The Welsh 5k road race championships (under 17 upwards) will be held on 1st August in Tredegar and entries close on Monday next 20th July.

Click on **MORE** for further information.

Further information including how to enter can be found at [TRACK and FIELD CHAMPIONSHIPS](http://www.welshathletics.org/competitions/events/track--field/2015/08-aug/welsh-championships-day-1.aspx) or [ROAD CHAMPIONSHIPS](http://www.welshathletics.org/competitions/events/road-running/2015/aug-08/welsh-5km-road-race-championships---tredegar.aspx).

## [Juniors triumph](http://www.cardiffaac.org/news/juniorstriumph.htm) Saturday 18 July 2015

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

Going into today's fourth and final round of this year's Youth Development League (Lower Age Group), Cardiff and Swansea both knew that they had to win in order to qualify for the UK national final in Birmingham on 5th September.

In near perfect weather conditions, Cardiff and Swansea swapped the lead throughout the day with rarely more than a few points separating them. In the final half hour, however, Cardiff chalked up some important victories before its relay teams secured the final overall win, with Cardiff AAC overhauling Swansea by a clear thirty points and Cardiff Archers further behind in third place.

With excellent team spirit throughout, Cardiff notched up victory after victory and, if not winning, were often second. Ever reliable Jay Morse won three events, the discus A, Hammer A and shot put A, despite risking his supporters a heart attack by recording two no throws in the discus before clinching victory with a standing throw.

Elsewhere, double victories were achieved by Isabel Breeden (U15 girls 75m hurdles and 100m B), Luca Contino (U15 boys discus B & shot put B), Carter Staples (U13 boys 100m A & 200m A), Philip Grundy (U13 100m B & 200m B), Bethan Gammon (U15 girls discus A & hammer A), Thea Willis (U15 girls discus B & javelin A), Brooke Annandale (U13 girls 70m hurdles B & long jump A), Scarlett Russell (U13 girls javelin A & long jump B).

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

**Under 15 boys:** Maurice Kommite (100m B); Evander Lewis (200m A); Jay Morse (discus A & hammer A & shot put A); Luca Contino (discus B & shot put B).

**Under 15 girls:** Eliza Hill (100m A); Isabel Breeden (100m B & 75m Hurdles A); Lana Culliford (200m B); Jessica Wadey (800m A); Sofia Vella (800m B); Kiara Frizelle (1500m A); Abi Fisher (1500m B); Clara Nuttall (75m hurdles B); Bethan Gammon (discus A & hammer A); Thea Willis (discus B & javelin A); Anais Rowlands (hammer B); Summer Allwood (long jump B); Eliza Durnell (high jump B).

**Under 13 boys:** Carter Staples (100m A & 200m A); Philip Grundy (100m B & 200m B); Lloyd Jones (1500m B); Matthew Register (75m hurdles A); Tyler Santos (javelin A); Luca Fonseca-Logue (long jump B).

**Under 13 girls:** Brooke Annandale (70m hurdles B & long jump A); Scarlett Russell (javelin A & long jump B); Emma Fitzherbert (javelin B).

The under 15 girls  and boys won their 4x100m relays and the under 15 girls won the 4x300m relay.

**The match result and final league placings were:**

1. Cardiff AAC (619.5 points)          
2. Swansea H & AC (589.5)            
3. Cardiff Archers (514)                  
4. Cheltenham & County AC (408)   
5. Team Bath (286)                      
6. Bristol & West & Mendips (183)

The final league placings were:

1. Cardiff AAC    (23)  
2. Swansea H & AC   (21)  
3. Cardiff Archers   (16)   
4. Cheltenham & County AC  (11)  
5. Team Bath  (9)  
6. Bristol & West & Mendips   (4)

[**The full results can be seen here.**](http://www.cardiffaac.org/files/YDL%20lower%20Swansea%2018%20July%202015.pdf)

[**A selection of photographs taken by Ceri Jones can be seen here.**](http://www.mail2web.com/cgi-bin/redir.asp?lid=0&newsite=https%3A%2F%2Fwww%2Eflickr%2Ecom%2Fphotos%2F91028819%40N07%2Fsets%2F72157653709247284)

Many congratulations on a great result, to the athletes of course but also to the team managers and parents without whose support and enthusiasm it would not have been possible.

Thanks also to the Swansea organisers for a well run meeting and an excellent results service.

**The team managers' reports:**

**Under 15 Boys / "A J"**

*Sometimes... everything goes right !!*

*The definition of success is: “at first it seems impossible, then somewhat improbable, and eventually it becomes inevitable... “*

*You can tell they were nervous. They were quieter than normal. They knew what was at stake. They knew that no other Cardiff team has ever done what they were about to do.*

*We were ready... It was inevitable...*

*For the Under 15 boys, it was the Pole Vault where the heroics came. In only his second PV competition, Thomas Britt added another string to his bow. Having just run another impressive 80m Hurdles race, Tom headed straight into the PV. An incredible 2.70m jump proved that he is a natural at this event, adding 40cm to his PB. There was no time to rest, as he went straight into his 3rd event, the Javelin. Tom was out competing for over 3 consecutive hours, picking up 3rd place in the A competition of all 3 of his events and finishing off with a 34.82m PB in the Javelin.*

*With Thomas Hanson away to earn his first Wales vest, it was down to a newcomer to the club to fill those big shoes. Luca Contino, in only his second ever outing in a Cardiff vest, won both the Discus and Shot B competitions; a fantastic introduction into the YDL. Jay Morse did what he had to do to; get maximum points by winning the Discus, Shot and Hammer A competitions. A heavy throws hat-trick!! Callum Russell took the other points in the Hammer. Callum would then go on to earn great points in the Pole Vault where a jump of 2.10m was good enough to take 2nd place in the B competition.*

*Back to the track, and Evander Lewis led the charge in the 100m and 200m. Evander made it look easy to take 1st place and maximum points in the 200m A race and followed it up with an excellent 2nd in the 100m A race. Maurice Klomitte, making his first YDL appearance of the year, was disappointed with his 3rd place in the 200m B race but exacted revenge on the field by winning the 100m B race. Add to that the very welcome return to the track of Thomas Atkinson. In his first league outing in a Cardiff vest for 3 years (!), Tom did extremely well to take a very good 3rd place in the 80m Hurdles B race, with Tom Britt doing likewise in the A race.*

*The ever dependable endurance runners did what they always do! Seth Kelly took 2nd in the 800m A race and Kian Murphy took 4th in the B race, with a PB of 2:20.2. In the 1500m, Morgan James and Louis Spencer both took 2nd places in the A and B races, each with a great PB; Morgan going sub 4:25 for the first time and the year 8 Louis running a 4:41.9. In the 300m, Daniel John and Harry Griffiths, the latter with a PB of 41.5, did the same by taking 2nd places in both the A and B races. These were huge points - in fact, it was the biggest points haul of the season for the Under 15 Boys in the Track events.*

*In the Field, and with Josh Lock still out with an injury, Cameron Pammnet made his YDL début in the Long Jump; with a jump of 4.62m, to get the points in the A competition. After his heroics in Hereford the week before, Jonathan Gibson found the strong headwind very challenging, taking 4th in the B competition. In the High Jump, Adam Mohsin regained some spark, with an outdoor PB and going over 1.50m for the first time in 18 months. With Jonathan not quite managing to repeat his sensational PB from the week before, a 1.45m jump was good enough to take 3rd in the HJ, B competition.*

*In the 4x100m, a new look line up, of Maurice Klommite, Thomas Britt, Thomas Atkinson and Evander Lewis, did very well to take 2nd place and go sub-50 yet again. The Under 15 boys 4x300m was the very last race of the day. By that stage, we knew that Cardiff AAC had made the National Finals so this race was more of a victory parade. Daniel John, Harry Griffiths, Kian Murphy and Seth Kelly took over 5 seconds off their previous best to take 2nd place, in a time of 2:45.1, which took them to number 6 in the UK.*

*These boys scored over 20 points more than they had done in any other match this season.*

*When it mattered the most, when it really counted, they saved their best till last!!!*

**Under 15 Girls / Jen Stone**

*Immense!  The day, the kids, the parents, the coaches, the team managers, the officials – you were all IMMENSE!*

*Hammer throw - Bethan Gammon winning the A event with Anais Rowlands setting a new PB to win the B event.  Perhaps the wardrobe malfunction of her bra strap undoing mid throw helped gain that extra metre!  Swansea had moved their A thrower into the B competition to try and gain extra points from us but the results were rightly reversed.  Nice try Swansea!*

*75m hurdles - Isabel Breeden equalling her PB to win the A and Clara Nuthall taking first in the B.*

*Long jump - Ellie-May Stonehewer just short of her PB to take third place in the A event and Summer Allwood setting a new PB to win the B.*

*200m - Elliza Hill taking 2nd in the A and Lana Culliford winning the B event.  We were fast accumulating big points.*

*Discus – Bethan Gammon winning the A and Thea Willis setting a new PB to take the win in the B.*

*800m – Maximum points and PBs for both Jessica Wadey and Sofia Vella.*

*800m n/s – Saw Annwen Gammon make her return to competition.  Well done Annwen – nice to see you back.*

*Shot – Panic!  We were a shot putter down.  Thea Willis took 2nd place in the A with last minute replacement Bethan Gammon taking 2nd in the B.  Thanks Tracey Gammon for helping work that one out!*

*100m n/s – Lana Culliford and Issie Tustin taking 1st and 2nd – shame there were no points here.*

*100m – Eliza Hill and Isabel Breeden taking 1st in both A and B events; as they had done in the two previous matches.*

*Javelin – Thea Willis doing what she does and winning the A event and Annwen Gammon replacing her sister’s move to shot putt with a 2nd place in the B.  Annwen felt that she could go home feeling as “she counted”.*

*300m – Jessica Wadey and Lily Gaskin taking 2nd place in A and B.  This saw Lily disappear into the ambulance in search of medical assistance.  Doors closed with me hovering outside.  All OK with Lily but a pull means she’s out of the relay L*

*High jump – Catrin Jones in joint 3rd place in the A but matching the winner with a jump of 1.45m.  Damn you count back!  Eliza Durnall sharing joint first in the B.*

*1500m – A closely fought event saw Kiara Frizelle and Abi Fisher conquering the field to take wins in the A and B, both setting big PBs in the process.*

*With points totals starting off with us in second place to Swansea and with announcements seeing us lead, then Swansea taking the lead back, we were going into the relays in the lead.  Someone overheard a Swansea parent comment “well that’s it, they are too strong in the relays” – could I start to get excited?*

*4 x 100m – Girls take their places but I’m not sure which planet Eliza Hill was on as she is in the wrong lane!  Calmly Eliza moves lanes before the start of the race despite half of the Cardiff supporters shouting “wrong lane Eliza”.  Smashed the race ladies – leaving you ranked 3rd in Wales.*

*4 x 300m – Without the injured Lily, what were we going to do?  Step forward Annwen Gammon (again).  Annwen, far from race fit, kept the girls in contention for the remaining girls to take the team to a PB of 2:58.7 ranking them 10th in the UK and setting a new club record.  Despite being disappointed not to be a part of this, Lily Gaskin congratulated the team on their achievement.  Well done Lily for your great sportsmanship despite your own disappointment.*

*Results were anxiously awaited.  Cardiff FIRST place, not only league winners but bypassing Swansea in the match points total too.  I wasn’t sure whether I should laugh or cry.  Well done to everyone over the 4 matches who competed and scored points for the club to achieve this result.*

*The stand at the Swansea stadium emptied very quickly but we didn’t want to leave!  A group photo was arranged followed by a spontaneous lap of the track, including team managers.  Crazy legs Wadey set the pace with a fast first 100m; it’s clear to see where Jess gets her talent from.  My endurance (read tree trunk!) legs were no match as he romped to a victory.  Wadey 1: Stone 0.  Mike, the bus driver, played his part in the day by stopping off at McDonald’s for very hungry athletes.  Chicken nuggets are the recovery food for Usain Bolt, so why not us!*

*Date for your diaries (especially Kiara’s mum…..!)*

*National Final - Saturday 5th September, Alexander Stadium, Birmingham*

**Under 13 Boys / "A J"**

*In every sporting success, there is one moment... one race that stands out.....* ***the*** *turning point! Never was this more true than it was for the 800m A race where an unlikely hero was to emerge.*

*Gethin Evans (another one of Liz Davies' athletes) seemed destined to finish 5th behind the Swansea athlete, with barely 50m of the 800 to go. But, we know Gethin; we've seen him do this before; a burst of energy saw him overtake the athlete ahead to go 4th. But, he wasn't done yet... the unstoppable Gethin kept going and with a few metres to the line, captured 3rd place and a huge 6 points. That one race seemed to lift the entire team! It spurred everyone on. No-one was going to settle for 5th or even 4th today.*

*It was an extremely strong performance all round by the Under 13 boys. Carter Staples and Philip Grundy got maximum points in the 100m and 200m. Matthew Register again won the 75m Hurdles in under 13 seconds to prove that his win in Bristol was no accident. Harvey Braun did an excellent job to get the points in the B race.*

*Carwyn Hastings also ran the 800m and earned the team valuable points in the B race. And, in the 1500m, our two year 6s were just brilliant! Ryan Edwards took an excellent 2nd place in the A race, taking almost 10 seconds off his previous PB, with a time of 4:49.6 (year 6!). Lloyd Jones took 1st place and maximum points in the B race. Just like the Under 15 Boys, these boys also secured their highest points tally on the track this season.*

*In the Field, one event saw two other year 6s shine! Ben Vincent almost matched the distance he jumped to become the 2015 Welsh Champion. Also in the Long Jump, Luca Fonseca-Logue continued his great recent form with his second PB in a week, to win the B competition with a very good 4.39m jump. Mathew Register and Harry Owen both cleared 1.30m in the High Jump, with Harry equalling his PB and Matthew putting behind him the unfortunate events of his last YDL appearance.*

*In the throws, a couple of regular names were missing. But, we had Tyler Santos so we'd be fine! The Javelin was a personal triumph for Tyler with a personal best of 37.72m, to win by almost 10 metres; in the Shot Put too - another PB, of 6.83m. A great team spirit from Tyler, not just in Swansea but in every match of this YDL season!! Also competing in the Javelin and Shot was another YDL debutant, James Brindle. James, too, achieved PBs and third places in both B competitions. Well done James, an extremely valuable points contribution.*

*All of which lead to the 4x100m and the boys knew that it was about the points. Ben Vincent, Philip Grundy, Harry Owen and Carter Staples made it four wins out of four as they clocked 53.1, to take maximum points - a whisker outside the club record of 53.0.*

*The Under 13 boys scored 122 points, beating the previous best by over 10 points.*

*It's worth noting that in this match, for the first time ever, there were no gaps anywhere in the Under 15 or Under 13 boys. Also, for the first time, the Cardiff AAC Boys outscored the Girls.*

*I am extremely proud of both of these achievements as it shows the great attitude and commitment these Boys have shown throughout the season, as well as the incredible talent that got them this victory.*

*Thank you all for an amazing season... and we get to do it all again, one more time :)*

**Under 13 Girls / Alan Wadey**

*We all know the results so I’ll start the report by congratulating all of the athletes that have taken part in any of the four matches this season. You should all be very proud of your achievements.  Cardiff will now have an U13 Girls team in the final for the first time since 2010.  I suspect this is before any of those taking part were members of the club, or even participating in athletics.*

*I would also like to thank all of the parents for making the time to bring their children to the matches, plus showing support for all athletes.  We lead busy lives and it’s not always easy to set aside a day for a competition.*

*Last but not least, a big thank you to the other Team Managers and all the officials that have also given up their time to help ensure the smooth running of these events.*

*That’s my speech out of the way!*

*Turning back to Saturday 18th, we all knew it was going to be a tough match.  Although we were already leading the league table, it somehow felt we were the ‘under dogs’.  Perhaps because we knew that nothing short of a win was sufficient and that Swansea were on ‘home turf’ (ok - track).*

*The weather for a change was sunny, albeit a tad windy at first.  Also on the positive side, there were no last minute changes to contend with and no gaps so all started off well.  All was looking good.*

*As usual, we started with the 70m Hurdles with Saffy Maurice gaining 3rd place in 12.5.  Brooke Annandale then delivered a win in the B race in a time of 12.0 – just short of her PB; could her day get any better?*

*The High Jump saw Saffy in action again, after at least 15 minutes rest (!), clearing the bar at 1.15m to gain valuable points.  Mollie Scott competed as the B, also clearing 1.15m and a 3rd place.*

*In the 150m Sprints, Holly Medina gained 5th and valuable points with 22.1 in a tough race and Saffy competed her 3rd event, gaining 3rd in 21.9 (after a new PB it was then time for a rest until the relays).*

*Moving up to middle distance, Fiona Bostock and Megan Friedli ran the 800m, both gaining a 3rd place, with times of 2:41.2 and 2:49.4 respectively.  Emma Carter, whose normal event is ‘jumping’, had a go at the non-scoring 800m and achieved 2:54.4 and a new PB for her trouble.*

*Back in the field, the Shot saw Emma Fitzherbert deliver 3rd as the A competitor with 5.93m and Emily Chirighin 2nd place with 5.55m as the B; perhaps a new found specialism?*

*The Long Jump proved exciting, with the top few spots changing hands each round.  Brooke ‘flew’ to first place with a massive 4.53m (big PB) before dashing off to her next event.  Scarlett Russell also delivered a win as the B competitor with 4.16m, also a good PB.*

*The 75m Sprint saw both Emmanuella Kone and Holly Medina achieve a 2nd place with 10.8 and 11.3, albeit Emmanuella shared her time with 2 others.  I’m glad I didn’t have to try to split them; where’s the photo finish when you need it?  Brooke, having finished the Long Jump about two minutes beforehand, went on to have a go at the non-scoring 75m, winning the heat in a very creditable 11.0 (and a PB).*

*At the opposite end of the spectrum, the 1200m saw Emily back in action, running with Bethany Gold as our second competitor.  They achieved a 4th and 3rd places in the respective strings, with times of 4:07.7 and 4:33.1 (and a PB) respectively.*

*The field competitions drew to a close with the Javelin.  This saw Scarlett and Emma back in action throwing 27.98m and 22.73m, both winning as A and B competitors.*

*The scores were announced throughout the day and perhaps it was just me, but I’m sure updates were provided quickly when Swansea had taken the lead and much less frequently if Cardiff were back on top.  An hour before the relays, with the lead regularly passing back and forth between Swansea and Cardiff, it was still too close to call.*

*The culmination of the track events were the relays which saw the noise volumes in the stadium peak; it seemed as if everyone was cheering for Cardiff.  Scarlett was drafted in at the last minute; so last minute that she left the Javelin before her first throw.  Quick intervention got a delay to the relay and a hasty throw bought enough time to allow her to join Saffy, Emmanuella and Holly and bring home a 3rd place in 57.4.*

*Everybody’s performance throughout the day was solid and contributed to the final result.  As I said after Stoke Gifford, “every point counted in the end, whether you were in 1st or 6th place”.*

*Well done one and all.*

*I really hope we now go on to win in Birmingham since I really fancy a lap of the track at Alexander Stadium, followed by a trip to McDonald’s.*

*The YDL Final is in Birmingham on Saturday 5th September. Team selection will be just under 2 weeks before, so will include results from the WJL finals on 23rd August.*

## [Long day for juniors](http://www.cardiffaac.org/news/longdayforjuniors.htm) Tuesday 14 July 2015

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

Cardiff's Welsh Under 15 League team set off early for Hereford on Sunday last, 12th July, for the third round match of this year's league but, with the match timetable finishing late, arrived back in Cardiff later than expected.

The under 13 and under 15 age groups finished the day on top whilst the under 11s were second.

In the under 13 100m Carter Staples improved Malcolm James' 40 year old club record with a fine time of 12.36 which is also a Welsh and Championship best. He will be aiming for a 200m time in the YDL match next weekend.

**Cardiff's individual winners were:**  
  
**Under 11 boys**: Joshua Beecher (75m heat 4 & 150m heat 5); James Clark (75m heat 5); Henry Spencer (800m heat 2).

**Under 13 boys:** Carter Staples (100m heat 1 & 200m heat 1); Louis Shugar (100m heat 4); Rhydian Williams (800m heat 2); Matthew Register (75m hurdles heat 1) Ben Vincent (long jump); Lloyd Clark (shot put & discus throw); Tyler Santos (javelin).

**Under 15 boys:** Harry Griffiths (300m heat 2); Morgan James (800m heat 1); Daniel John (1500m); Thomas Britt (long jump); Thomas Hanson (shot put); Jay Morse (discus and hammer); Henry Gauntlett (javelin).

**Under 11 girls:** RESULTS NOT YET AVAILABLE.

**Under 13 girls:** Emmanuella Kone (100m heat 1); Saffron Maurice (100m heat 2 & 200m heat 1); Isobel Annetts (1000m walk); Brooke Annandale (70m hurdles heat 1); Evie Wong (70m hurdles heat 2); Erin Murray (70m hurdles heat 3); Cassey Grimwade (discus); Scarlett Russell (javelin).

**Under 15 girls:** Anais Rowlands (200m heat 3); Jessica Wadey (300m heat 1 & 800m heat 1); Rhianna Satterly (300m heat 2); Isobel Breeden (75m hurdles heat 1); Bethan Gammon (hammer throw).

[**The official results can be viewed here.**](http://www.cardiffaac.org/files/WJL%2012%20July%202015.pdf)

[**A selection of photographs taken by Garry and Gwyn Jones can be seen here.**](https://www.flickr.com/photos/91028819@N07/sets/72157655408118969)

THe overall standings appear to be incorrect as, based on the match result, Cardiff Archers have a narrow lead with 26 points against Cardiff AAC's 25.

The fourth round is on 1st August, again in Hereford, and the top three teams will take part in the Welsh final in Newport on 23rd August.

## [Nineteen in Welsh Schools team](http://www.cardiffaac.org/news/nineteeninwelshschoolsteam.htm) Monday 13 July 2015

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

The Welsh Schools team to take part in the annual schools international in Grangemouth, Scotland, on Saturday next 18th July includes nineteen Cardiff AAC athletes.

The annual match, against teams from Scotland, England and Northern Ireland is the highlight of the schools' athletics summer calerndar and an important stepping stone for these young athletes.

Cardiff AAC has traditionally supplied a big part of the Welsh team and we wish them luck.

The team faces a long road journey to Scotland on Friday before competing on Saturday.

**The Cardiff athletes in the team are:**  
  
**Girls:** Amelia Reynolds (100m, 200m & relay); Rebecca Kennett (200m & relay); Naomi Reid (800m); Megan Bowen (3000m); Emily Griffin (1500m steeplechase); Laren Evans (high jump); Katy Green (high jump).

**Boys**: Kebba Saidykhan (100m, 200m & relay); Jake Heyward (800m & relay); James Vincent (1500m); Harry Hillman (100m hurdles & pole Vault); Jordan Fender (400m hurdles); Tom Nesham (1500m steeplechase); Jac Smith (1500m steeplechase); Charlie Pegrum (high jump); Rhodri Davies (pole vault); Tom Hanson (shot put); Kieran Grimwade (hammer throw); Daniel McKerlich (walk).

## [Euro gold for David](http://www.cardiffaac.org/news/davidomoregieinfinal.htm) Sunday 12 July 2015

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

Cardiff's David Omoregie clinched the gold medal in the 110m hurdles at the European under 23 championships in Tallinn, Estonia yesterday. Leading from the gun, David was a clear winner in 13.63 seconds, into a minus 1.5m/sec wind. Team mate David King was fourth.

David is now adding to his medal collection, having won the bronze at last year's IAAF world junior championships.

David had qualified comfortably for the final, winning his heat in 13.85 seconds into a slight headwind, and as the fastest qualifier had gone on to the final as the favourite.

Rhianwedd Price was fourth in the final of the women's 1500m just outside her personal best time.

Charlotte Wingfield was unable to progress from the 200m heats.

## [Schools champions](http://www.cardiffaac.org/news/schoolschampionsxx.htm) Tuesday 7 July 2015

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

Cardiff athletes were to the fore at the Welsh Schools Athletics championships held at Cardiff International Sports Stadium on Saturday last, 4th July.

With excellent weather, Cardiff members were rewarded with gold, silver and bronze medals including numerous doubles.

In the field, Tom Hanson and Jay Morse each set a championship best performance in winning the junior boys' shot put and discus respectfully. Tom's winning throw of 15.75m takes him to the top of the UK under 15 rankings whilst Jay is already top in his discipline.

In the senior boys' age group, promising sprinter Kristian Jones won both the 100m and 200m while experienced John Cove took the 1500m title by a margin. Welsh senior men's 800m champion Jake Heyward was a comfortable winner of the middle boys' 800m and Harry Hillman won both the 100m hurdles and the pole vault. Kebba Saidykhan was first in the middle boys' 100m and second inthe 200m.

In the girls' events, Kate Seary was an easy winner of the senior 800m and Alice Nottingham took silver medals in both the 100m hurdles and 400m hurdles. In the middle girls age group, Amelia Reynolds was first inthe 100 and second in the 200m, chased home in both events by Rebecca Kennett. The middle girls' high jump saw a one-two for Cardiff athletes, Lauren Evans winning with 1.67m and Katy Green second with 1.64m, both excellent clearances and well above the winning height in the senior girls' event. Lauren was also second in the 80m hurdles.

The junior girls' events included gold medals for Jessica Wadey (800m), Kiara Frizelle (1500m), Isabel Breeden (75m hurdles), Bethan Gammon (discus throw and hammer throw) and Megan Hodgson who equalled her club pole vault record of 3.15m.

**The individual medallists were:**

**Senior boys:**  
**Gold:** Kristian Jones (100m & 200m); Hassan Abdi (800m); John Cove (1500m); Ryan Grimwade (pole vault); Gage Francis (long jump); Richard Dangerfield (javelin).  
**Silver:** Nick Jones (800m); Luke Harry (400m hurdles); Tom Trotman (high jump); Gage Francis (triple jump).  
**Bronze:** Ryan James (400m).

**Middle Boys:**   
**Gold:** Kebba Saidykhan (100m); Jake Heyward (800m); Harry Hillman (100m hurdles & pole vault); Tom Nesham (1500m steeplechase); Kieran Grimwade (hammer throw).  
**Silver:** Kebba Saidykhan (200m); James Vincent (1500m); Rhodri Davies (pole vault); Daniel McKerlich (2000m walk); Jac Smith (1500m steeplechase).  
**Bronze:** Aeron Evans (1500m steeplechase); Charlie Pegrum (high jump);Jasper Hawkins (pole vault).

**Junior Boys:**  
**Gold:** Tom Hanson (shot put); Jay Morse (discus & hammer throw).  
**Silver:** Morgan James (1500m).  
**Bronze:** Seth Kelly (800m).

**Senior girls:**  
**Gold:** Kate Seary (800m); Lottie Coakley (high jump); Olivia Evans (long jump); Tasia Stephens (javelin).  
**Silver:** Alice Broadley (3000m); Alice Nottingham (100m hurdles & 400m hurdles); Brooke Langton-Cryer (triple jump).  
**Bronze:** Brooke Langton-Cryer (high jump & discus throw).

**Middle Girls:**  
**Gold:** Amelia Reynolds (100m); Lauren Evans (high jump).  
**Silver:** Rebecca Kennett (100m); Amelia Reynolds (200m); Bethan Evans (1500m); Megan Bowen (3000m); Lauren Evans (80m hurdles); Emily Griffin (1500m steeplechase); Katy Green (high jump); Lois Hillman (pole vault).  
**Bronze:** Rebecca Kennett (200m); Naomi Reid (800m); Laura Wright (3000m).

**Junior Girls:**  
**Gold:** Jessica Wadey (800m); Kiara Frizelle (1500m); Isabel Breeden (75m hurdles); Megan Hodgson (pole vault); Bethan Gammon (discus throw & hammer throw).  
**Silver:** Abi Fisher (1500m).  
**Bronze:** Eliza Hill (100m).

If, inadvertently, there are any omissions or errors, please let us know.

[**The full results can be viewed here.**](http://www.cardiffaac.org/files/Welsh%20Schools%20CH%202015.pdf)

[**A selection of photographs taken by Garry and Gwyn Jones can be seen here.**](https://m.flickr.com/#/photos/91028819@N07/sets/72157655431796162/)

## [Welsh Record for Bethan](http://www.cardiffaac.org/news/welshrecordforbethan.htm) Tuesday 7 July 2015

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

In a close race to the finish, Cardiff's Bethan Davies (photograph taken by Peter Morris) was narrowly beaten for the gold medal in the 5k walk at last weekend's British Championships by the UK leading Joanna Atkinson but, in the process, set a new personal best and Welsh record. Bethan's time was 22:06.46 behind Atkinson's 22:03.55.

Elsewhere, Brett Morse duly won the discus title but is still short of the qualifying distance of 65m to make the Great Britain team for the World Championships in Beijing later this year. He has until 26th July to achieve the mark.

And Gareth Warburton took the bronze medal with a strong finish in the men’s 800m, clocking 1.50.41 to secure his fourth British Championships medal.

Charlotte Artur improved her personal best by over 6 seconds to finish 8th in the 5000m and go to third on the club all time rankings behind Angela and Susan Tooby. Her time was 16:00.44.

## [One more for Euro U23](http://www.cardiffaac.org/news/onemoreforeurou23.htm) Sunday 5 July 2015

[](http://www.cardiffaac.org/news/onemoreforeurou23.htm)

A further Cardiff athlete will be competing at the European Under 23 Championships in Tallinn, Estonia.

Charlotte Wingfield, who has already set a national record in the 100m, will be representing Malta, her country of birth in the 100m and 200m.

Congratulations to Charlotte.

## [Two for Euro champs](http://www.cardiffaac.org/news/twoforeurochamps.htm) Wednesday 1 July 2015

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

Cardiff's Rhianwedd Price and David Omoregie have been selected to represent Great Britain at the European Under 23 championships to be held in Tallinn, Estonia, from 9th to 12th July.

Rhianwedd is enjoying the best form of her life and is currently ranked second over 1500m in Europe.  
  
David is also improving with every race and is ranked No. 2 in Europe over 110m hurdles.

After securing the bronze medal at last year's World Junior championships, David will be facing in Tallinn the French World Junior Champion Wilhem Belocian.

Rhianwedd was one of the stars of the GB senior team at the recent European Team Championships in Russia.

Good luck to Rhianwedd and David.

## [Super Sunday News](http://www.cardiffaac.org/news/supersundaynews.htm) Tuesday 30 June 2015

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

Next Sunday, 5th July, will see the next Super Sunday at the Cardiff International Sports Stadium.

Super Sunday is specially designed to introduce young athletes to competition in a friendly and relaxed way and all Academy members are urged to take part.

Click on More for further information.

For under 11s there will be 150m, 800m and shot put and for uner 13s and under 15s there will be 200m, 800m, 1500m, discus and high jump.

Super Sunday is extremely popular and you can enter on;ine by going to [**SUPER SUNDAY ENTRIES**](https://www.surveymonkey.com/r/5877MZY). Please do this as soon as possible so that we know how many to expect.

To show what is possible, Brooke Annandale, an Academy member, last Sunday became Welsh under 13 girls' 70m hurdles champion. well done Brooke and well done Cardiff Academy.

Give it a go - you will enjoy it.

## [Welsh Champions](http://www.cardiffaac.org/news/welshchampions.htm) Monday 29 June 2015

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

The Welsh Athletics championships, held at Cardiff International Sports Stadium, saw a flood of Cardiff AAC medallists as well as numerous personal best performances and another club record - for 14 year old Megan Hodgson who cleared 3.15m to win the under 17 girls' pole vault gold medal and to go second on the latest under 15 UK rankings.

The senior men's 100m final saw seven of the eight qualified finalists from Cardiff AAC with last year's silver medallist Sam Gordon taking the gold from James Griffiths and Kristian Jones. 2014 champion Dewi Hammond was forced to withdraw from the final with a slight injury.

Saturday, 29th June, was sunny all day but with a gusty wind - the sprints were run along the back straight to take advantage of the wind - but Sunday started out rainy but gradually improved to sunshine but, again, with a tricky wind.

Apart from Megan Hodgson there were several mature performances from young Cardiff athletes who were competing out of their usual age groups. Amongst those who caught the eye were Jake Heyward and John Cove. Jake, still only 16, decided to enter the SENIOR 800m and proceeded to win it. Is he the youngest ever winner of a senior Welsh track title? John Cove (18) made a long run from home in the senior men's 1500m, taking the lead at the bell and was caught, only metres from the finish line, by a determined Tom Marshall. Jack Gooch (also only 18) was third. In addition, Adam Bitchell was fourth, Chris Prothero fifth and Owen Haswell seventh so Cardiff had six in the first seven.

Apart from the senior men's 100m and 1500m, clean sweeps by Cardiff athletes were achieved in the senior men's 200m (Iori Moore, Lemarl Freckleton, Kristian Jones) and the under 17 men's pole vault (Harry Hillman, Rhodri Davies, Jasper Hawkins).

Double gold medallists were Amelia Reynolds (Under 17 women's 100m & 200m) and Lauren Evans (Under 17 women's high jump & long jump).

**Cardiff's individual Welsh championship medallists were:**

**Gold:  
Senior Men:** Sam Gordon (100m); Iori Moore (200m); Jake Heyward (800m); Tom Marshall (1500m); Rhys Williams (400m hurdles); Jonathan Bailey (high jump); Brett Morse (discus).  
**Senior Women:** Lora Roberts (400m hurdles); Rebecca Chapman (long jump); Tasia Stephens (javelin).  
**Under 17 Men:** Jordan Fender (400m hurdles); Charlie Pegrum (high jump); Harry Hillman (pole vault); Kieran Grimwade (hammer).  
**Under 17 Women:** Amelia Reynolds (100m & 200m); Lauren Evans (high jump & long jump); Megan Hodgson (pole vault).  
**Under 13 Boys:** Ben Vincent (long jump).  
**Under 13 Girls:** Brooke Annandale (70m hurdles).

**Silver:**  
**Senior Men:** James Griffiths (100m); Lemarl Freckleton (200m); Owen Smith (400m); Alex Coomber (800m); John Cove (1500m); Paul Bennett (400m hurdles); Adrian Lawrence (triple jump); Matthew Richards (hammer).  
**Senior Women:** Ffion Price (800m & 1500m); Lucy Griffiths (shot put).  
**Under 17 Men:** James Vincent (1500m & high jump); Jac Smith (1500m steeplechase); Harry Hillman (100m hurdles); Rhodri Davies (pole vault).  
**Under 13 Boys:** Carter Staples (100m & 200m); Tylor Santos (javelin).  
**Under 13 Girls:** Cassey Grimwade (discus); Scarlett Russell (javelin).

**Bronze:  
Senior Men:** Kristian Jones (100m & 200m); Daniel Blain (400m); Jack Gooch (1500m); Tom Trotman (high jump).  
**Senior Women:** Charlotte Gaughan (1500m).  
**Under 17 Men:** Aeron Evans (1500m steeplechase); Tom Britt (400m hurdles); Jasper Hawkins (pole vault).  
**Under 17 Women:** Rebecca Kennett (200m); Naomi Reid (800m & 1500m); Niamh Galton (high jump); Lois Hillman (pole vault).

Other Cardiff athletes, who did not have Welsh championship qualifications) but came in the first three, were: Joseph Reid (SM 400m - 3rd); Nathan Higgins (SM 110m Hurdles - 3rd); Lucy Marland (SW 5000m - 2nd); Eleni Zembashi (SW discus - 2nd).

[**The full results can be seen here.**](http://www.cardiffaac.org/files/WA%20CH%202015.pdf)

[**A selection of photographs taken by Garry and Gwyn Jones ca be seen here.**](https://www.flickr.com/photos/91028819@N07/sets/72157655230215675)

## [Tough for YDL team](http://www.cardiffaac.org/news/toughforydlteam.htm) Monday 29 June 2015

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

With the Welsh championships on the same weekend, it was always going to be difficult to get a strong team out for the third round of the UK Youth Development League (upper age group), held in Cheltenham yesterday, Sunday 28th June. And so it proved, with both Cardiff and Swansea suffering accordingly.

Cardiff finished in fifth place, of the six competing clubs, with Swansea in sixth. Cardiff now lies in fourth position overall and a good performance in the final match of the season should secure the club's place in this division for another year.

The only individual winner of the day was Kieran Grimwade in the under 17 men's hammer although the day did end on a bright note with a clear victory in the under 17 men's 4x100m relay (Richard Lee, Tommy Friel, Harry Hillman and Kebba Saidykhan).

Those athletes who travelled to Cheltenham supported the team well and included several who had competed in Cardiff on Saturday and again in Cheltenham on Sunday. Well done and thank you.

**The team result was:**  
  
1. Team DC - composite (714)  
2. Team Avon - composite (627)  
3. West Wales - composite (607)  
4. Cheltenham & County AC (424)  
5. Cardiff AAC (356)  
6. Swansea H & AC (247)

**After three rounds, the league positions are:**

1. Team DC (18 league points)  
2. Team Avon (14)  
3. West Wales (12)  
4. Cardiff AAC (9)  
5. Cheltenham & County AC (6)  
6. Swansea H & AC (4)

The next match is in Swansea on 26th July.

[**The full results can be seen here.**](http://www.cardiffaac.org/files/YDL%20U%2028%20June%202015.pdf)

[**On to the final?**](http://www.cardiffaac.org/news/ontothefinal.htm) **Wednesday 24 June 2015**

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

Despite last minute changes, Cardiff's UK Youth Development League team (lower age group) produced a magnificent performance in Bristol on Sunday last, 21st June, to win the match and go to the top of the division rankings. Another win in the next round will secure the team's position in the national final.

These young athletes showed a maturity in their performances that is a credit to themselves, their parents, coaches, team managers and the club.

Showing great commitment to the team, Tom Britt, Sofia Vella and Saffie Maurice were competing for the second day running, all three having been in Swansea the day before, taking part in the Welsh multi-events championships.

There were several event doubles with Tom Hanson winning the under 15 shot put A and 100m B, Carter Staples the under 13 100m and 200m A, Eliza Hill the under 15 100m and 200m A, Jessica Wadey the 300m and 800m A, Isobel Breeden the 100m B and 75m hurdles A, Thea Willis the javelin A and discus B. Triple victories were achieved by Bethan Gammon (Discus A, hammer A and javelin B) and Jay Morse (discus A, hammer A and shot put B).

Special congratulations go to Tom Hanson who not only won the under 15 100m B but set a new League record in the shot put with his winning distance of 14.84m (a personal best). Tom rounded off his day with an impressive turn of speed on the third leg of the winning 4x100m relay. Congratulations also go to Megan Hodgson and Scarlett Russell for setting new club records in the Pole Vault and Javelin respectively.

**Cardiff's other winners were:**  
  
Under 15 boys: Evander Lewis (200m A); Callum Russell (Hammer B).

Under 13 boys: Ben Hillman (100m B); Philip Grundy (200m B); Matthew Register (75m Hurdles A); Tyler Santos (Javelin A).

Under 15 girls: Issie Tustin (200m B); Lily Gaskin (300m B); Sofia Vella (800m B); Abi Fisher (1500m B); Clara Nuttall (75m Hurdles B); Anais Rowlands (Hammer B); Moli Beynon (Shot Put B); Eliza Durnall (High Jump B); Megan Hodgson (Pole Vault A).

Under 13 girls: Scarlett Russell (Javelin A).

Cardiff also won the 4x100m relays (U15 girls and U13 boys) and the 4x300m relay (U15 girls).

**The team results were:**

1. Cardiff AAC (579 points)  
2. Swansea H & AC (563.5)  
3. Cardiff Archers (489.5)  
4. Team Bath AC (444.5)  
5. Cheltenham & County AC ((366.5)  
6. Bristol & West AC (257)

**The overall league standings after three rounds are:**

1. Cardiff AAC (17 - 1654.5 match points)  
2. Swansea H & AC (16 - 1676 match points)  
3. Cardiff Archers (12)  
4. Cheltenham & County AC (8)  
5. Team Bath AC (7)  
6. Bristol & West AC (3)

[**The full results can be viewed here.**](http://www.cardiffaac.org/files/YDL%20L%20Bristol%20June%2015.pdf)

The next match is in Swansea on 18th July.

[**A selection of photograhs taken at the event can be seen here.**](https://www.flickr.com/photos/91028819@N07/sets/72157654864722082)

The team managers' reports:

**Under 13 boys / AJ:**

*Sport is all about ups and downs and never was this more evident than the day that Mathew Register had.*

*In the first YDL match, Mathew replied “yes, I’ll give Hurdles a go”, and went on to take a very good 2nd in the B race. In the 2nd YDL match he took 2nd in the A race.*

*In Bristol, he left us all stunned by winning the A race and taking 1.5 seconds off his PB with a time of 12.8s! The fastest Cardiff AAC under 13 since Harry Hillman!!! He had the biggest smile this side of the Severn Bridge.*

*Next was the High Jump, his favourite event, having got a huge PB in his last competition. Early into the HJ, however, his day turned very sour. Whilst attempting a modest 1.30m jump, Mathew landed on the bar, hurting his elbow, and could take no further part in the competition.*

*Mathew’s misfortune in the HJ was a rare lowlight in what otherwise was an incredible achievement by the Under 13 Boys, securing 114 points, their highest ever in the YDL.*

*Carter Staples, in the 100m, ran under 13 seconds again and set a PB in the 200m, going under 27 seconds for the first time. Philip Grundy ran a fantastic bend in the 200m to win the B race. The very strong tail wind made the Long Jump run up very difficult and Philip will be looking to get back to his best very soon.*

*Four under 13s made their YDL debuts in Bristol.*

*Ben Hillman’s day started with an excellent 7 metres+ throw in the Shot . A fantastic 13.6s won Ben the 100m B race and an excellent Long Jump gave him more points. He would go on to take part in the winning 4x100 Team.*

*For Carwyn Hastings, although having competed for Cardiff many times, this was his first time at a YDL match, an 8 seconds PB and 3rd place in the 1500 B race making it an excellent day for him.*

*Harvey Braun surprised us in the WJL by doing so well in the 75mH, which earned him his selection in Bristol. An excellent 3rd place in the B race gave the club very valuable points in what was once a weak event!*

*Evan Morgan was the fourth debutant, having only joined Cardiff AAC less than a week ago. Evan stepped in as cover to run in the 800m B race and took 2nd place.*

*All four did extremely well, and I’m sure we’ll see them again in the YDL.*

*Despite the strong wind, Tyler Santos made it look easy, winning the Javelin by almost 10 meters! He’s looking in great form going into next week’s Welsh Championships. Good luck Tyler!!*

*In the Shot, Lloyd Clark grabbed another new PB and inched closer towards that 8 meter mark! A very good 20 metres+ throw in the Javelin ensured that Lloyd is becoming a Cardiff AAC regular!*

*Another Under 13 improving with every match is Harry Owen. A very good HJ was followed by a great PB in the 100m NS race, going under 14 seconds for the first time!*

*Ryan Edwards was back in the 1500m. The year 6 rising star eased his way to another PB of 5:04.4 and an excellent 3rd place. So much is to come from Ryan! And Iwan Smith, running in the 800m A race, did equally well to get the team much needed points in the 2 lap race.*

*As for the 4x100, we now start more in expectation than hope. All these boys run the 100m in less than 14 second - Carter in 12.5 seconds! We knew it was on, with the club record of 53.0 up for grabs!! Could they do it?*

*Almost! A time of 53.7 was agonisingly close to the time set by the 2013 quartet. The boys will have plenty more chances to get that record.*

**Under 15 boys / AJ:**

*Another English city and another Cardiff AAC thrower steals the show. After Jay’s heroics in Bath, in Bristol it was in the Shot Put where records fell.*

*Step forward Thomas Hanson! The extremely popular and ever present Tom smashed the existing YDL record by 13cm with a fantastic PB of 14.84m. Tom, who, let’s not forget, is also one of our best sprinters, finds himself ranked number 2 in Shot Put for the whole of the United Kingdom!*

*Congratulations Tom on a fantastic YDL LAG Shot Put record!*

*The day started so differently. With Joshua Lock injured and a number of late withdrawals, plus being prevented from using our Pole Vaulters, we feared the worst. But, Evander was back; Henry was back; and Tom Britt had just become Welsh Combined Events Champion the day before. We could do it!*

*The Hammer was the first event of the day, and PBs for both Jay and Callum - maximum points!*   
*Shot Put - maximum points. Jay won the A event in the Discus. Evander won the 200m A race and came 2nd in the 100m A race, both with PBs. Thomas Hanson won the 100m B race - another PB.*  
*These were huge points, and they were to prove decisive. Could we really win this match?*

*Then there were Liz Davies’ athletes, again, getting the largest share of the points - Daniel, with a PB and Kian getting the points in the 800m - Seth getting 2nd place in the 300m - Morgan and Louis getting 2nd places in both A and B races.*

*Henry was back in the Javelin and, against a very strong head wind, did extremely well, gaining the team valuable points by taking 2nd place.*

*Jonathan, disappointed at not being able to Pole Vault, made up for it in the Long Jump with yet another 4.50+ jump, but did even better later in the day with a PB in the High Jump. Adam continued to improve in the High Jump; still looking to get back to his best.*

*There was a newcomer to the Under 15 boys’ team. Harry Griffiths capped a great debut to gain 2nd place in the 300m B race. Harry was also part of the 4x300m team, along with Kian, Seth and Jonathan, who pipped Swansea virtually on the line to take 2nd place.*

*But the last word has to go to Thomas Britt. The day before, Tom stood on top of the podium as Welsh Athletics/Schools Combined Events Champion in Swansea. Far from tiredness, in Bristol he was champing at the bit. In the Long Jump a 5.59m jump gave him a 2nd PB in 24 hours. A short rest later and he was back in the Javelin. Not content with competing in 7 events in 2 days, he also ran the 2nd leg in the 4x100m, with Daniel, Evander and Thomas Hanson, helping the team to 2nd place and 7 massive points.*

*We wish Josh well and hope that everyone will be back, fit and healthy, on the 18th July.*

*With one match left our fate is in our hands. A win or a tie in the last match and we WILL be in the YDL National Final. That’s it. It’s that close!*

**Under 13 girls / Alan Wadey:**

*The first challenge of the day was to fill a last minute gap in one of the races.  Luckily after a few emails, texts and phone calls, we once again had athletes in all events.*

*The weather was reasonable at the Kip Keino Stadium but it was one of those days when it’s warm when sunny but cold when the sun goes behind a cloud.  The wind would be the biggest hindrance to PB’s – has it stopped blowing a gale yet this summer?*

*First up was the 70m Hurdles.  With a late withdrawal by Saffy due to injury, we moved Brooke Annandale up to the A race and Marcy Webbe stepped into the B spot.  Both achieved PB’s with Brooke gaining 3rd in 12.20 and Marcy 4th in 13.7.*

*Then came the High Jump, which saw Saffy clearing the bar to gain points and a 5th place before dropping out due to injury.  Mollie Scott continued for the club and jumped a PB of 1.20m for joint 3rd .*

*Next up were the 150m Sprints.  Holly Medina gained 4th with 21.6 in the A race and Marcy ran a PB of 21.9 to gain 3rd place in the B race.*

*Having juggled the athletes around to fill gaps and try to gain the most points, Fiona Bostock and Megan Friedli ran the 800m, both gaining PB’s and times of 2.38.6 (5th in the A race) and 2:51 (3rd in the B race).*  
*We didn’t have any non-scoring runners in this race.  If interested in this distance, let me know for next time.*

*Back in the field, the Shot saw Emma Fitzherbert and Lily Gregson in action.  Emma finished 5th as the A competitor and Lily took 3rd place as the B competitor.*

*The Long Jump provided a PB for Scarlett Russell, achieving 4.02m and 4th place, with Brooke also gaining the 4th spot as the B competitor.*

*The 75m Sprint saw Emmanuella Kone achieve a PB of 10.5 and the 6th spot, with Holly, in her second race of the day, in the B race achieving a PB of 10.6 and the 2nd spot.  Maddy Jones and Marcy entered the non-scoring race, achieving PBs of 11.1 and 11.0 respectively.  Non-scoring races are a good opportunity to gain a PB and the first place I would look as Team Manager to replace missing or injured athletes in other similar races.*

*The distance then leapt up to 1200m and the spotlight moved to Darcy John-Cook and Bethany Gold.  Both competitors were new to this distance, having agreed on the day to move up from the 800m to fill gaps.  Well done for stepping up to this challenge and achieving valuable points with a 6th place to Darcy and 4th to Bethany.*

*The field competitions drew to a close with the Javelin.  This saw Scarlett back in action throwing a new PB of 28.79m, bettering her own club record and grabbing the top slot (plus a top 10 UK place). Then Emma, in her second event, threw a PB of 23.12m and gained 2nd place.*

*The culmination of the track events was the relays.  After a hiccup with the start (contested but to no avail) excellent running by Maddy, Saffy, Emmanuella and Holly finished in a very credible 4th place with a time of 59.8.*

*The day saw a great number of PB’s across the various disciplines, some to familiar faces, others to athletes getting their first taste of a YDL; all on a day which was pretty windy.  Let’s hope that the weather is better again in Swansea and the PBs tumble even further.*

*Well done one and all – every point counted in the end, whether you were in 1st or 6th place.*

*Last but not least a big thank you to all the parents, especially those that helped out on the day.*

*PS. The next match is in Swansea on 18th July and team selection will be about 2 weeks before, so will include U13 champs results, but not WJL of 12th July.*

**Under 15 girls / Jen Stone:**

*Love is in the air…or at least it was by the end of Sunday afternoon in Bristol!*

*So many talented young athletes across all age groups made it a joy to watch - competitive and fun!*

*The U15G were outstanding.  They won the A and B races in every track event apart from the 1500m, and then we took 2nd in the A race and 1st in the B.*

*The field athletes carried on the theme winning the A and B throws in hammer, discus and javelin.*

*PBs were the order of the day:-*

*Elliza Hill                  200m              26.7*

*Jess Wadey              300m              43.6*

*Kiara Frizelle            1500m            4.53.3*

*Isabel Breeden         75mH             11.6*

*Clara Nuthall            75mH             12.2*

*Bethan Gammon       DT                 27.7m*

*Thea Willis                DT                 20.42m*

*Anais Rowlands        Hammer         22.62m*

*Megan Hodgson        PV                 3.10m (new club record)*

*Issie Tustin              100m n/s        13.0*

*Renee Moore           100m n/s         13.1*

*Anais Rowlands       800m n/s         2:56.5*

*Well done to Megan Hodgson for breaking a 5 year standing club record in the pole vault.  She actually broke it back in January and has kept on raising the bar, literally, since!*

*The relay teams were exciting – as usual.  The 4x100m relay team of Renee, Isabel, Issie & Elliza H came home in first place with a time of 51.7 which will put them well into the Top 20 in the UK.  The 4x300m relay team of Lily, Sofia, Eliza D & Jess came home in first (where else?) with a time of 3:00.6 which will place them in the Top 10 in the UK.*

*That makes 2 out of 3 wins in this league.  One more match to go ladies!  Can’t wait for Swansea on 18th July.*

## [Golds for Bethan & David](http://www.cardiffaac.org/news/goldsforbethananddavid.htm) Tuesday 23 June 2015

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

Cardiff's Bethan Davies and David Omoregie won gold medals at the Under 23/20 trials and championships in Bedford on Saturday and Sunday last 20/21 June.

David took victory in the 110 m hurdles and with it an automatic Great Britain selection for the European Under 23 championships in Tallinn, Estonia, in July.

Bethan's event, the 20k walk, was actually the trial for the senior World Championships in China. Her winning time was a new Welsh and club record but fell short of the automatic qualifying time for the GB team.

Silver medals were won by Ffion Price, who set a big new personal best in the Under 23 women's 1500m, and by Jac Palmer in the Under 20 men's hammer. Jac remains tantalisingly short of the qualifying standard for the European Championships and now awaits the decision of the GB selectors.

Cardiff's other medal winner was Joseph Reid who took the bronze medal in the Under 20 men's 400m.

Other finalists were Ryan Cooper (U20 400m Hurdles - 5th); John Cove (Under 20 men's 1500m - 8th); Owen Smith (Under 23 men's 400m - 7th); Tasia Stephens (Under 20 women's javelin - 4th).

[**The full results can be viewed here.**](http://www.englandathletics.org/england-athletics/english-national-championships/2015-champs-results)

Elsewhere, Ffion Price's sister Rhianwedd was one of the successes of the Great Britain team that finished fifth at the European Team Championships in Cheboksary, Russia, over the weekend. After posting a big personal best in America only a week ago, Rhianwedd, making her GB debut, produced a fighting performance to take third place Described as the British performance of the day, it was the way in which she refused to let others past time and time again until succumbing on the final bend which stood out. “That’s what we’ve always been told at my university – don’t you dare let anyone out-tough you – so I had to give it my all; all the way” said the GB & NI debutante.

## [Muti multi-event medals](http://www.cardiffaac.org/news/mutimultieventmedals.htm) Monday 22 June 2015

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

Cardiff's multi-event athletes were in Swansea on Saturday last, 20th June, for the Welsh Athletics and Welsh Schools combined multi-event championships and won medals in all age groups except under 13 boys.

All-rounder Thomas Britt leapt to fourth place on the UK under 15 boys' pentathlon rankings with a personal best score of 2552 points, which included event best performances in the shot put, long jump and 800m. Lauren Evans set a personal best otdoor pentathlon score of 3126 points in winning the under 17 girls' title.

Saffron Maurice was second in the under 13 girls' quadrathlon, Harry Hillman (well on the come back trail) was second in the under 17 boys' pentathlon and Sofia Vella was third in the under 15 girls' pentathlon.

The individual performances were:  
  
Thomas Britt (2552): 80mH 12.43/shot put 9.69m/high jump 1.50m/long jump 5.52m/800m 2:16.23.

Lauren Evans (3126): high jump 1.62m/80mH 12.30/long jump 5.22m/shot put 9.15m/800m 2:45.39.

Saffron Maurice (1651): shot put 6.16m/60mH 11.80/long jump 3.80m/800m 2:44.26.

Harry Hillman (2886): 100mH 13.85/high jump 1.68m/long jump 6.29m/shot put 9.51m/800m 2:21.23.

Sofia Vella (2330): long jump 4.23m/75mH 13.75m/shot put 6.60m/high jump 1.32m/800m 2:26.84.

Setting fine examples of club loyaly, both Thomas Britt and Sofia Vella competed again yesterday, Sunday, in the important YDL match in Bristol.

## [Champion & Club Record](http://www.cardiffaac.org/news/championshipandclubrecordforrhianwedd.htm) Monday 15 June 2015

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

Cardiff's Rhianwedd Price produced a brilliant finish to win the American NCAA championship 1500m on Saturday last, 13th June, in Eugene, Oregon.

Her time of 4:09.56 was a personal best, improved her own club record and confirmed her in third place on the latest UK rankings.

Clearly in excellent form, Rhianwedd is now set to make her GB debut in next weekend's European Team Championships in Russia.

Well behind entering the final straight, Rhianwedd produce a determined sprint to overtake the leader metres from the finish line.

“With a 100 meters to go I just got a kick and thought I can do this, I can do this,” Price said. “I was super excited as I was getting closer and closer to the finish line.”

## [Why not become an official?](http://www.cardiffaac.org/news/whynotbecomeanofficial.htm) Sunday 14 June 2015

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

Becoming an official in athletics is not difficult and, by going through a simple course, anyone can achieve the basic qualification.

If you are interested in getting involved, Welsh Athletics organises courses and the next one will be in Swansea on 1st July. This course provides a Level 1 Assistant qualification and covers all the disciplines of the sport, both track and field events. It is an ideal introduction, especially for parents of young athletes who could then help at events where their children are competing.

The course will take place at the indoor track at Swansea University between 6.30 and 9.30pm and the closing date for registration is Friday 26th June. There is a fee of £10 per person but the club will reimburse this to those associated with the club who complete the course and agree to help officiate when reasonably required. The minimum age is 14.

If you are interested in attending please email [andrew.jenkins@welshathletics.org](http://www.mail2web.com/cgi-bin/compose.asp?mb=&mp=P&mps=1&lid=0&intListPerPage=20&ed=xGXailLxURyZbPqaLc13Aswnw52%2B%2BAhuy%2BConzJEVBxznEFX17BXjJ3hi91EQVZLPd44WMTgsF2B%0D%0AJIoMKbWGtGGdTjrVPMzeNTVr4nE%2B6Ree3Yq%2Bn3s85CEqGg9UoqPO1tFlnoOcoBzRT9TuvLXrnKiy%0D%0Am%2B3h1DA4zuKveHM%3D&messageto=C1698D8845E24F41CD32BF9C36CA5B1AC6209E96B0E17468C2FDB28824187B0B61D71C4BFB9B17DBD7A0D0FE6B0263216D8920189AB5F405CD0FA9235FC3869315824736CF3DC8DC39#_blank) for the application form. Completed forms should be sent by post with a cheque payable to Welsh Athletics Ltd. applicants are also required to submit one passport size photograph with the apication form. Return application forms to: Andrew Jenkins Welsh Athletics West Wales Network Officer, 5 Highpool Close, Newton, Swansea, SA3 4TU.

Having completed a course the prospective officials will be expected to complete a logbook of their experiences whilst officiating at events as evidence of their work.

Many Leagues penalise or reward clubs for providing or not providing a minimum number of qualified officials at their meetings. This is an opportunity to help your club meet these requirements.

A more advanced course for field event judging will be held, also in Swansea, on 29th July and the closing date for this course is 24th July. Again, contact Andrew Jenkins at [andrew.jenkins@welshathletics.org](http://www.mail2web.com/cgi-bin/compose.asp?mb=&mp=P&mps=1&lid=0&intListPerPage=20&ed=xGXailLxURyZbPqaLc13Aswnw52%2B%2BAhuy%2BConzJEVBxznEFX17BXjJ3hi91EQVZLPd44WMTgsF2B%0D%0AJIoMKbWGtGGdTjrVPMzeNTVr4nE%2B6Ree3Yq%2Bn3s85CEqGg9UoqPO1tFlnoOcoBzRT9TuvLXrnKiy%0D%0Am%2B3h1DA4zuKveHM%3D&messageto=C1698D8845E24F41CD32BF9C36CA5B1AC6209E96B0E17468C2FDB28824187B0B61D71C4BFB9B17DBD7A0D0FE6B0263216D8920189AB5F405CD0FA9235FC3869315824736CF3DC8DC39#_blank) for further details.

## [Congratulations Barrie Owen](http://www.cardiffaac.org/news/congratulationstobarrieowen.htm) Saturday 13 June 2015

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

Cardiff AAC offers warmest congratulations to Barrie Owen, President of Swansea Harriers AC, on his award of the M.B.E for services to athletics in Wales in the Queen's birthday honours, announced today.

Barrie has made a massive contribution to Welsh Athletics as well as to his club and this recognition is richly deserved and well overdue.

Many congratulations, Barrie.

## [What's going on?](http://www.cardiffaac.org/news/whatsgoingon.htm) Wednesday 10 June 2015

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

Most people have now heard that changes are being planned for Cardiff International Sports Stadium – but what are they really - not just the rumours?

Here are the facts:

The stadium is owned by Cardiff Council which, in order to save money and avoid possible closure, has agreed to transfer the long-term management to a partnership that has been created between **Cardiff and Vale College** and **House of Sport**.

Cardiff and Vale College will use the stadium as its sports campus and, in order to do this, will be making alterations inside the stadium building. The fitness rooms on the ground floor will be converted into classrooms and some of the changing rooms (those at the finish line end of the building) will also be converted to a new gym. Other changes will be made, including to the entrance area and there will also be some changes to the upper floor.

These alterations will involve quite a lot of building work over the rest of the summer as the plan is for them to be finished in time for the start of the college term in September. Temporary facilities (toilets, etc.) will be provided as necessary so that the athletic facilities can continue to operate as normal.

**There is no intention to change the stadium’s status as Wales’ national athletic stadium.** Any rumour that the grass infield area will be changed to artificial turf is incorrect and it will continue to be used for competition throwing events as now.

The external areas of the stadium (track and field, outside throwing area, plus the rugby pitches, AstroTurf, etc.) will be managed and maintained by the House of Sport which is a business that already operates two indoor sports halls; near to the Cardiff City Stadium.

Club officials are in discussion with the college as to how the club will fit into these arrangements. The college has confirmed that it sees the club as a key partner and that the stadium will remain "the home of Cardiff AAC".

There will inevitably be disruption to the stadium operations while the works are being carried out but, once these are completed, the athletic activities will revert substantially to normal. There may be some internal changes to the club room but they will not affect our ability to use it as our headquarters.

At present, the college and House of Sport are finalising the legal arrangements with Cardiff Council. The aim is for all this to be completed as soon as possible and building work is likely to start as soon as **next Monday, 15th June**. Access to the ground floor will be restricted and access to the upper floor will be by the stairs near reception. Use of the clubroom is not affected at this stage.

The club and Welsh Athletics have had several meetings with the Council, the College and House of Sport and believe that the new arrangements will have a positive effect on the stadium and on athletics. There will be a stadium user group to liaise with the college and House of Sport and the club will be represented on this.

Further information will be posted as we get it and if there are any questions or further information that anyone wants, please speak to Bernie Plain, Graham Webb or John Lister.

10 June 2015.

## [Senior women's team spirit](http://www.cardiffaac.org/news/seniorwomensteamspirit.htm) Tuesday 9 June 2015

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

Cardiff's senior women showed great team spirit in their second round match of the UK Women's Athletic League held in Bristol on Sunday last, 7th June finishing in a creditable fifth place.

Cheered on by inspiring team manager Sharon Heveran, the team finished on a high note with a resounding victory in the 4x400m relay despite the fact that yteam captain Rhianon Linington-Payne sustained a pulled muscle in the 4x100m event (her fourth of the day) and was unable to run.

On a glorious day, marred only by a blustery wind, and despite finishing in fifth place overall, the team slipped to seventh place in the league rankings, with one match to go, in Wigan on 9th August. Cardiff has 7 league points, the same as sixth placed Sale Manchester (who have 5 match points more) with Bristol & West (whom Cardiff beat in the first round) on 8. A strong performance in the final match should see Cardiff maintain its position in this division.

**The match result was:**  
  
1. Shaftesbury H. (249)  
2. Notts AC. (197)  
3. Bristol & West AC. (191)  
4. Trafford AC. (185)  
5. Cardiff AAC. (179)  
6. Wigan & District H. (142)  
7. Sale H Manchester. (136)  
8. Southampton H. (132)

**The league standing after two rounds is:**  
  
1. Shaftesbury H (15)  
2. Notts AC (13)  
3. Wigan & District AC (11)  
4. Trafford AC (9)  
5. Bristol & West AC (8)  
6. Sale H Manchester (7 - 328 match points)  
7. Cardiff AAC (7 - 323 match points)  
8. Southampton AC (2)

[**The full results can be seen here.**](http://www.cardiffaac.org/files/UKWAL%20June%2020152.pdf)

Team manager Sharon described the day -

*All in all it was a great day. The girl really pulled together and a fifth place finish really shows that when we are at full strength we should be winning this league.*

*Onwards and upwards to Wigan.*

After the match she presented awards to

*MVP (most valuable player): Rhiannon Linington Payne, who did the 100m, 200m, 400m & the 4x100relay. She got pbs in the 100m and 200m.*

*Champagne for the outstanding peformance went to Ffion Price for winning the A 1500m and the B 800m. She also was part of the winning 4x400 relay team so she won everything she did today.*

*Hero Award: To Lora Roberts for doing the 100m hurdles and winning the B race. She also came 5th in the A 400m hurdles race, 6th in the 200m and she was leg one of the winning 4x400 relay team.*

*Hero Award: To Rosie Kingston, coming back from injury, who did the 100m & the 100m hurdles. She then did the long jump and got a pb of 5.14m. She was also part the the 4x100 relay team who came 3rd.*

*So many athlete did 3 events so it was very hard to pick.*

*Brooke Langton-Cryer did long jump, triple jump and high jump.*

*Lucy Griffiths did shot, hammer and discus.*

*Eleni Zembashi did discus, shot and javlin.*

*Elinor Lewis won the B pole vault, did triple jump and 1500m.*

*Charlotte Arter won the 3k and was 3rd in the A 800m.*

*Beth Sewell did hammer and javelin.*

*Zara George came over especially to do the 4x100 relay but ended up doing the 4x400 relay for the first time and ran a fastest split.*

Well done to everyone - go for it in Wigan,

## [Senior men in danger zone](http://www.cardiffaac.org/news/seniormenindangerzone.htm) Tuesday 9 June 2015

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

Cardiff's senior men's team travelled to Southampton on Saturday, 6th June, and, despite the heroic efforts of those who competed, finished in seventh place, slipping into overall eighth and at risk of relegation to Division 2 of the British Athletics League.  
  
With two rounds to go, there is every chance of avoiding relegation and Cardiff certainly has the potential to put out a team that is not only capable of keeping its place in this division but of regaining a place in the Premier Division.

With numerous absences in the middle distance events, Cardiff had no competitors in the 1500m, the B 3000m steeplechase or the 5000m. The 5000m A race spot was filled by 800m runner Carl Hill.  
  
Cardiff's only event winner was James Griffiths in the 100m B race.  
  
Decathlete Curtis Mathews, in potentially his final competition in athletics before turning to rugby (what a loss to Welsh athletics that will be), contested four events, the long jump (second in the A), discus, shot put and hammer while pole vaulter David Callan was the B shot putter and hammer thrower Matthew Richards also threw the javelin.  
  
The league position at the bottom is very close with Cardiff 8th (4 points), Herne Hill Harriers 7th (5 points) and Kent AC 6th (5 points). A big effort in the final two rounds should be good enough - let's go for it and show what we can really do next year.  
  
**The match result was:**  
  
1. City of Liverpool AC (343)  
2. Southampton AC (311)  
3. Basingstoke & Mid Hants AC (287)  
4. Windsor Slough Eton & Hounslow AC (278)  
5. Herne Hill Harriers (258)  
6. Blackheath & Bromley AC (252)  
7. Cardiff AAC (228)  
8. Kent AC (213)  
  
**The league position after two rounds is:**  
  
1. City of Liverpool AC (15)  
2. Windsor Slough Eton & Hounslow AC (13)  
3. Southampton AC (13)  
4. Basingstoke & Mid Hants AC (9)  
5. Blackheath & Bromley AC (8)  
6. Kent AC (5)  
7. Herne Hill HArriers (5)  
8. Cardiff AAC (4)  
  
[**The full results can be seen here.**](http://www.cardiffaac.org/files/BAL%202%202015.pdf)

[**Welsh U15 team wins**](http://www.cardiffaac.org/news/welshu15teamwins.htm) **Sunday 7 June 2015**

[](http://www.cardiffaac.org/news/welshu15teamwins.htm)

A record turn-out of Cardiff athletes (approximately 150) finished top of the table (just) in the second round match of the Welsh Athletics under 15 league, held yesterday, 6th June, in Newport. The league itself also enjoyed a record number of 535 athletes.

Cardiff AAC pipped Cardiff Archers into second place by 4 points, Cardiff amassing 1569 to Archers' 1564, with Newport Harriers in third place with 652.

With two rounds to go, both again in Hereford, Cardiff AAC and Cardiff Archers are both on 17 league points but Archers have the advantage of 80 more match points.

It was a great display by Cardiff AAC athletes yesterday and no-one typified the gritty determination more than Morgan James in the under 15 boys' 800m. Normally a 1500m runner, Morgan (just 14) started slowly but gradually overtook the rest of the field to lead at the bell; and, despite being overtaken around the final bend, dug in and fought his way down the home straight to an excellent win in the best time of the day.  
  
Double winners for Cardiff were: Scarlet Russell (U13 javelin & 200m heat 2); Nia Grundy (U15 100m heat 2 & 200m heat 3); Jessica Wadey (U15 300m heat 1 & 800m heat 1); Bethan Gammon (U15 discus & hammer); Seth Kelly (U15 200m heat 3 & 300m heat 3); Thomas Hanson (U15 shot put & discus); Carter Staples (U13 100m heat 1 &200m heat 1).

May's athlete of the month Jay Morse had a rare off day in the U15 discus, slipping to second place behind Thomas Hanson. Jay was also second in the shot put but won the hammer.

**Cardiff's other event winners were:**  
  
**Under 11 girls:** Megan Hastings (75m heat 2); Nadu Aryee (1500m).   
**Under 13 girls:** Erin Murray (100m heat 4); Holly Medina (200m heat 1); Isobel Annets (1000k walk); Saffy Maurice (70m hurdles heat 1); 4x100m.  
**Under 15 girls:** Eliza Hill (100m heat 1); Kiara Frizelle (1500m); Isabel Breeden (75m hurdles); Megan Hodgson (pole vault); 4x100m.  
**Under 13 boys:** Luca Logue-Fonseca (100m heat 4); Matthew Register (100m heat 5); Jack Karadogan (200m heat 3); Lloyd Clark (1000m walk); Harvey Braun (75m hurdles heat 2); Tyler Santos (javelin); 4x100m.  
**Under 15 boys:** Joshua Lock (100m heat 1); Kian Murphy 800m heat 2); Jay Morse (hammer); 4x100m.

**The league position after two rounds is:**  
  
1. Cardiff Archers (17 points)(3065 match points)  
2. Cardiff AAC (17 match points)(2985 match points)  
3. Blaenau Gwent AC (13)  
4. Newport H (12)  
5. Rhymney Valley AC (12)  
6. Hereford & County AC (7)  
7. Rhondda AC (5)  
8. Cwmbran H(4)  
9. Aberdare Valley AC (4)

[**The full results can be seen here.**](http://www.cardiffaac.org/files/W%20U15%20League%20June%206%202015.pdf)

Once again Gary and Gwyn Jones have taken a selection of photograhs and these can be viewed [**HERE.**](https://www.flickr.com/photos/91028819@N07/sets/72157653723486020)

Garry Edmiston also took photographs which can be seen [**HERE**](https://www.flickr.com/photos/edmiston/sets/72157653819393389/).

Congratulations to all the athletes, team managers and coaches who contributed to this successful day.

The team managers report on a great day -

***Under 13 Boys: Team manager Mark Vincent***

*With neither of my sons competing in Newport I still arrived at the stadium feeling full of anticipation and excited about the day that was about to unfold. And what a day it was, from the walk at the start, right up until the last leg of the relays. One Direction were in town but, hey, there is only one direction that this team is going and that is to the Welsh League cup Final in August. It was great to see new as well as regular faces enjoying and performing so well throughout the day. At this fixture our U13 boys scored 290 points, a mere 9 points from winning the U13 boys’ competition for the day.*

*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 100m Carter Staples continued his great form, currently sitting No. 5 in the UK rankings; he won in 13.05.  Training partner Phillip Grundy wasn’t far behind finishing 3rd with another great run. Matthew Register was another star in the team, winning his 100m heat in 14.29 with Sean Edmiston Lane finishing 2nd in the same heat. It was nice to see Luca Logue Fonseca back with a smile on his face - which didn’t disappear all day; he won his 100m heat with Harvey Braun coming second. In the 200m Carter starred again, winning in style in 28.18.  New to the team this season, Jack Karadogan won his 200m heat and another newcomer, Jay Lia, finished 2nd. Harry Whittaker also ran very well. Youngest member of the talented Smith brothers Iwan Smith ran a great 800m coming 3rd in 3.34, with Lloyd Jones close behind bringing home the points. Carwyn Hastings and Michael Bruce also ran very bravely in their 800m heats. In the 1500m Gethin Evans came in 3rd in 5.18, a PB.  Tom O’Connor was our other 1500m point scorer ….well done guys.*

*Now a highlight of the day for me and many others was the 1k walk, an event where we have struggled to find willing competitors in the past. Well this time it seemed like we had a coach load of walkers - there were blue vests everywhere! ALL walkers should be so proud of yourselves as you really showed what being a Team member means. Lloyd Clark won this event in a photo finish although Harry Whittaker, Sean Edmiston Lane and Jack Karadogan may all take a bow for your valued contributions!!*

*Matthew Register amazed everyone with his great hurdling, coming 2nd in 14.37, and is now 5th in Wales. Matthew has only just started having coaching for this event so I can’t wait to see how he continues with his progression. Matt also had a big PB in the high jump finishing 2nd with 1.41m - certainly a day to remember for him!*

*Close behind in the hurdles was*  
*Harvey Braun and Harry Howkins coming 3rd and 4th respectively - very well done to our hurdlers!*

*In the jumps Will Odgers point scored in high jump, with Michael Bruce and Jay Lia also making some good clearances. Luca and Phil Grundy both jumped well in the long jump, gaining some more crucial points for the team.*

*Our throwers were on fine form with Lloyd Clark coming 2nd in the shot with a PB of 7.39m.  He also came 3rd in Javelin.  Ben Hillman unfortunately picked up an injury recently in the regional champs but was determined to compete for the team and was our second point scorer for the Shot with a 7.37m PB throw; hope you’re back to 100% soon Ben.*

*Established throwing star Tyler Santos kept up his tradition winning the javelin easily - well he is 2nd in Wales and 9th in the UK at the moment! Super thrower Tyler also had a PB in the discus coming 3rd with 16.71m. Daniel Lacey continues to progress, point scoring in the discus with a PB of 13.78m.*

*Finally, our ever changing U13 relay team is still unbeaten this season. They sit proudly on top of the charts for this age group in the Welsh rankings and are 10th in the UK! Usual suspects Carter, Phil and Luca were joined this time by a late stand-in member Harry Whittaker. Harry you were a star on that 1st leg, setting the team up nicely - onto Phil who blasted down the back straight. Luca then flew around the bend; onto Carter who then made it count motoring to the finish line - whoops all around and another fine win.*

***Under 15 Boys: Team manager Mark Vincent***

*Well the Manic Street Preachers had played Cardiff Castle the previous night but we had our own Kings of the Castle at this fixture. In a week where athletics has been in the headlines for the wrong reasons, our U15 boys’ team sure were making headlines of their own in Newport, winning their age group with some amazing performances. The team won on the day by an amazing 37 points despite missing some key athletes!! Overall for the season they are just 11 points adrift of top spot, something I’m sure that will be corrected after the next fixture.*

*Notable performances were as follows:*

*Super sprinter and jumper Josh Lock continued his fine form winning the 100m in 12.97, was 2nd in the 200m and 2nd in the long jump. Josh, relatively new to our team, is already showing what a valued member he is.  Cameron Morgan also picked up team points in the 100m.*

*One of our middle distance stars Seth Kelly fancied a change in this fixture and showed us what he could do over shorter distances. Seth was great, point scoring, winning his 200m heat easily and winning the 300m outright with a great run in 40.29. Seth is proving to be a power machine over various distances, what will he try out next??*

*Another new member of our team, Harry Griffiths, also ran a great 300m race finishing 4th  and adding to the points tally for the day.*

*It was a day for change and Morgan James made a rare appearance in the 800m.  He certainly didn’t disappoint, with his smooth running style getting him to the line first in a great G4 time of 2.13. Kian Murphy won his 800m heat in a PB time of 2.21.  Louis Spencer also ran well again, gaining a PB with 2.23.*

*Switching roles again and doing very well in running his third 1500m race in a few days was Alfie Davies, coming 3rd in Newport. All rounder Alfie also featured in the high jump and, wait for it, had trials with Cardiff City earlier in the week - a busy week for our young star!!*

*Samuel Griffin also looked comfortable in the 1500m, gaining the other points for the team.*

*I am very grateful to the boys who proudly represented us in the walk. Experienced walker Louie Edmiston Lane was joined by three teammates, Caerwyn Phillips, Joshua Karadogan and Harry Griffiths, all great team members willing to give it a go.  Louie was 2nd and smashed his PB with Caerwyn the other point scorer.*

*Tom Britt was in fine form, coming 2nd in the hurdles with a storming PB run in a G2 time of 12.38. Kian Murphy also picked up points in this event. Multi-talented Tom also went on to gain a great PB of 1.56m coming 2nd in the High Jump and 3rd in the long jump with 5.04m.*

*Pole Vault - yes we have pole-vaulters -whooohooo!! Step up Callum Russell and Adam Mohsin, our new stars in this event. They have only trained a few times but were probably two of our most valued team members on the day in an event where we haven’t scored points for a few seasons; well done guys especially as you both had other events which clashed.*

*Maurice Klommite continues a good start to the season and is showing great progression this year with a number of events. In Newport he did well, being our other scorer in the high jump with a PB of 1.40m*

*I’m running out of things to say about our amazing U15 throwers, they really are the business!*

*Thomas Hanson excelled again, winning the shot with G1 throw of 14.75m, currently 2nd in UK.  Amazingly Tom also got a big PB in discus with a G1 throw of 40.03, winning the event and now 6th in UK. Tom is a great all-rounder, a great rugby player and still a very, very good sprinter!!*

*Jay Morse came 2nd to Tom in the discus but, hey, he is still No 1 in the UK rankings! Jay made up for this by getting a PB in the shot with a G1 throw of 12.93.*

*Oh, and to complete the throwing, yes it’s that man again - Jay won the hammer again with a PB of 34.85m. Callum Russell managed the other points for the hammer prior to starring in the pole vault.*

*With javelin star Henry Gauntlett injured, Jonathan Gibson and Ethan Borkowski brought home the points in this event.*

*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 Seth Kelly, on to Josh Lock, then Tom Hanson and on to Tom Britt who enjoyed the last leg blasting any competition out of the water - they won with ease; a great end to the day.*

*I am grateful to all that took part and if you are not mentioned in this report you are still very special to this team; keep going guys you all are amazing and 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 so 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 worthwhile knowing that everybody has had an enjoyable day, and we appreciate the hard work that is put in to make the day run as smoothly as possible.*

*Thanks again to all the Parent helpers, officials, and coaches.*

*Look forward to seeing you all at the next WJL in July!*

*Good luck to all U13s with the Welsh Championships later in the month, I hope to see lots of Blue vests on the podium.*

*Your Proud Team Manager*

*Mark*

***U13/15 Girls Team: Team Manager Huw Philips.***

*As a team manager it’s always easy to pick out the super stars of your team and hail the PB breakers and the record takers but on a day like we had today its impossible to single anyone out. Cardiff AAC came to Newport with a record 138 athletes, 70 of whom were in the U13/15 girls’ squad!*

*Once again both of the girls’ squads won their respective matches but the tables don’t tell the whole story….*

*The day started with the amazing walk; often the bane of the team manager’s selection but Amy Morris and Lili Gaskin answered the plea and earned valuable points in the U15 walk; add that to Issy Annets, Lowri Clarke and Alexa Browning taking 1st, 2nd & 3rd respectively in the U13’s and we were off.*

***U13 Girls***

*The day continued with some amazing results in the U13’s, Holly Medina taking 1st in the 200m to go with her 2nd in the 100m and Scarlet Russell taking 3rd in the 200m to earn the club maximum points.*

*Fiona Bostock and debutant Darcy John-Cook taking 4th & 5th in 800 before Saffron Maurice and Brooke Annandale took 1st and 2nd in the hurdles helped us to mount up the points before Saffron again and another debutant Olivia Sugarman earned maximum points in the High Jump.*

*Missing the injured Cassey Grimwade today (get well soon) it was up to newcomers Safiyah Fleming and Emily Coleman to earn our Shot Put points, both of whhom had never held a shot put until two weeks earlier in an Academy session.*

*Emanualla Kone and Lily Gregson earned the points in the discus before Scarlett Russell won the Javelin with another great throw.*

*And it then came down to the relay - and what a relay. The same team who lost by 0.2secs at Hereford had their moment today, with an amazing final leg from Holly Medina and we were home in 1st place in an amazing 57.44. Even our B team came in 4th place after a great run.*

***U15 Girls***

*Following an already good start in the walk the day continued with some amazing performances which ultimately led to the U15 Girls winning the match by 39pts!*

*The 100m was something particularly special as we took 1st, 2nd, 3rd, 4th and 5th - if that’s doesn’t give you confidence for the relay then nothing will - with Eliza Hill, Renee Moore, Issy Breeden, Issy Tustin and Nia Grundy all going under 14secs*

*Issy Tustin and Nia Grundy then went on to take 2nd and 4th in the 200m before Jess Wadey, Sofia Vella & Lili Gaskin took 1st, 2nd & 3rd in the 300m; it was already looking like our day.*

*Wadey and Vella then took their 1st and 2nd in the 300m into the 800m and took another 1st and 2nd, add that to Kiara Frizelle and Carys Bill’s 1st and 2nd in the 1500m, Issy Breeden and Clara Nuthall’s 1st and 3rd in the 75m Hurdles and the track domination was complete.*

*Bethan Gammon took 1st in both the Discus and Hammer and Megan Hodgson took her now customary Pole Vault 1st place before a plethora of 2nd places in the High Jump (Bethan Cushion), Long Jump (Elle-May Stonehewer) and then Thea Willis, who took 2nd in both the Shot and the Javelin.*

*The day then came down to our relay team, another determined run from the same team that won in Hereford, and once again a fantastic result with Elliza Hill on the final leg to finish in 57.44 - yes, exactly the same time as our winning U13’s*

*A truly amazing day with some amazing athletes but more importantly some amazing attitudes, Lily Gaskin for selecting the walk because she had to leave early and couldn’t run her usual 800m and also the unsung heroes. Annwen Gammon, herself one of the most successful athletes the club has had in recent years, is unable to compete at the moment due to injury so she was an official all day just to ensure the club wasn’t penalized! With athletes like that, the team manager’s role is easy…..well easier J*

*Huw*

***Under 11 Boys & Girls: team manager Lorraine Price***

*Our second WJL in Newport arrived with varied weather; wind, rain and sunshine.*

*The Under 11 team was unfortunately reduced to 16 (8 boys & 8 girls ) on the day - but didn't those 16 do themselves and their club proud?*

*With over 47 Under 11s registered in our Academy I hope to see more new faces in our remaining two fixtures.*

*Welsh junior league rules only allow children that have competed in at least one of the 4 WJL fixtures to be selected for the WJL FINAL!*

*Making their debuts in Cardiff AAC vests were Casey Garland and Billy Taylor and both did extremely well in their first competitive events.*

*In the U11 girls, Nadu Aryee came 3rd overall in the 75m, going under 12 seconds for the first time and also throwing a huge 12.59m in the Javelin to come 2nd - well done Nadu. Jemima Robinson had  a great 150m, placing her in 2nd position.*

*Megan Hastings gained new Pbs in the 75m and 800m as well as coming 3rd in the shotput. Also turning into a budding thrower is Sophia Evans Francis placing 5th in the shot overall in a very close competition.*

*The relays for the U11 girls are becoming nail bitingly exciting, which was reinforced by the noise coming from the Cardiff AAC supporters in the stand..both teams did exceptionally well.*

*For the U11 boys Benjamin Gibson ran an amazing 800m race, which had us all on our feet on the home straight, improving his PB by over 10 (yes 10) seconds. Henry Spencer once again was brilliant in the 800m, coming 2nd overall with a new Pb.*

*More Pbs for the boys came from James Clark in the 75m, Oliver Fredricksen in the long jump and Joshua Beecher who also put in a solid first performace in the long jump finishing on 3.29m.*

*Charlie Russell had a fantastic throw in the Javelin, with a Pb of over 2m and was narrowly beaten into 2nd place in the last throw of the competition..we will get them next time!*

*The boys relays were fantastic with our A team gaining ground fast to finish in 2nd place..Great running  boys!*

*Well done to all the U11's that were there on the day..we managed to finish in 2nd position, both the girls' & boys' teams.*

*The fact we had a team of only 16 shows your dedication and hard work has paid off.*

*Great Team Spirit U11's*

*Your team manager and coach.*

*Lorraine Price*

## [Well done Welsh Athletics](http://www.cardiffaac.org/news/welldonewelshathletics.htm) Thursday 4 June 2015

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

Welsh Athletics' Sprints Open meeting, held at Cardiff International Sports Stadium last night was a great success and must surely be repeated on a regular basis.

The event was blessed with a beautiful summer's evening with a light following wind.

Such was the support from athletes that no fewer than 17 heats of the 100m were needed and 13 for the 200m. A second round of 100m races needed a further ten heats.

[**The official results can be viewed here**](http://www.cardiffaac.org/files/WA%20Sprints%20Open%20June%202015.pdf) and reveal the multiplicity of personal best times that were recorded. Those recorded by Cardiff athletes are as follows.

**100m:** Keith Mbofana (SM); Iori Moore (U20); Richard Lee (U17); Rebecca Kennett (U17); Catrin Lord (U17); Thomas Britt (U15); Eliza Hill (U15); Lily Gaskin (U15); Maurice Klommite (U15); Carter Staples (U13); Saffron Maurice (U13); Scarlett Russell.

**200m:** Rhiannan Linington-Payne (SW); Claire Taylor (U20); Richard Lee (U17); Tommy Friel (U17); Rebecca Kennett (U17); Lauren Evans (U17); Thomas Britt (U15); Lily Gaskin (U15); Sofia Vella (U15); Anais Rowland (U15); Maysie Briggs (U15); Ben Vincent (U13); Saffie Maurice (U13).

The next Open meetings will be for Jumps in Swansea on 10th June and for endurance events on 22 July in Newport.

## [Three in GB teams](http://www.cardiffaac.org/news/brettandrhianweddingbteam.htm) Wednesday 3 June 2015

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

Cardiff's Brett Morse and Rhianwedd Price have been included in the Great Britain team for the European Team Championships that take place in Cheboksary in Russia on 20th and 21st June.

Also selected for Great Britain is Ciaran Lewis who will be one of a four-man junior team travelling to Madeira for the European Mountain Running Championships on 4th July.

Rhianwedd will contest the 1500m and this will be her first GB vest; and is well deserved. Currently studying in the USA, she has shown steady improvement and achieved a personal best of 4:10.95 on Saturday last, in Florida, a time which has taken her to the number two spot on the latest UK rankings.

Brett's selection was expected as he is well ahead on top of the UK rankings and has enjoyed one of his best starts to the season, already throwing 63.42m, some five metres ahead of his nearest rival.

Ciaran qualified for the team by placing fourth in the official Trials held at Glenridding in the Lake Distrct on Sunday last, 31st May.

Good luck to Brett and Rhianwedd in Russia and to Ciaran in Madeira.

## [Round up](http://www.cardiffaac.org/news/personalbestsinmanchester.htm) Wednesday 3 June 2015

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

It was a worthwhile journey to Manchester on Saturday last, 30th May, for several Cardiff athletes to take part in the British Milers Club Grand Prix.

Personal best times were recorded by Jake Heyward (1:52.19 for 800m), John Cove (3:51.82 for 1500m) and new member (and New Zealand international) Katherine Marshall (2:04.42 for 800m) as well as a seasonal best for Ffion Price of 4:22.58 for 1500m.

Kevin Seaward was just outside his best for the 5000m with 14:20.89.

At the Bedford International Games, Aled Davies improved his own F42 world shot put record with a throw of 15.97m. He also won the discus with 50.63m. Brett Morse was again over 60m,winning the discus with 61.15m and David Omoregie showed improving form with a slightly wind assisted 13.66 for 110m hurdles.

At the second Welsh Athletics League in Brecon on Saturday, Cardiff's under 17 men, under 17 women and under 20 women were clear winners in their categories and the club overall lies a close second in the table, a mere 50 points behind Swansea.

## [YDL Juniors march on](http://www.cardiffaac.org/news/ydljuniorsmarchon.htm) Monday 1 June 2015

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

The second round of this year's UK Youth Development League (lower age group) was held at Bath University track on Saturday last, 30th May and, although not quite matching its winning performance in the first round, Cardiff's team remains on course for a place in the final later in the season.

Making a big contribution to Cardiff's second place score, Jay Morse won three events, including a club record in the under 15 boys'discus where his winning throw of 48.87m was a massive 5m better than his previous best and took him to No.1 on the latest UK rankings - matching big brother Brett. Jay also won the A hammer competition and the B shot put (the latter with another personal best).

In the under 13 boys events, promising sprinters Carter Staples and Philip Grundy chalked up a double double, with Carter taking the A 100m and 200m and Philip winning the B 100m and 200m.

Other double winners were Thomas Hanson (under 15 boys' shot put A and discus B), Thea Willis (under 15 girls' shot put A and discus B) and Isabel Breeden (under 15 girls' 75m hurdles A and 100m B).

**Cardiff's other winners were:**

**Under 15 boys:** Seth Kelly (800m A); Joshua Lock (long jump A).  
**Under 13 boys:** Tyler Santos (javelin A) 4x100m.  
**Under 15 girls:** Eliza Hill (100m A); Abi Fisher (1500m A); Carys Bill (1500m B); Bethan Gammon (shot put B), Megan Hodgson (pole vault A), 4x300m.  
**Under 13 girls:** Saffy Maurice (70m hurdles); Scarlett Russell (javelin A).

**The match result was:**

1. Swansea H (572 points)  
2. Cardiff AAC (530.5)  
3. Cardiff Archers ((477.5)  
4. Cheltenham & County H (427)  
5. Team Bath (425)  
6. Bristol & West & Mendips AC (311)

After two rounds, Cardiff and Swansea both have 11 league points but Swansea has the edge with more match points.

The next round is on 21st June in Bristol.

[**The full results can be viewed here.**](http://www.cardiffaac.org/files/YDLL%20Bath%2030%20May%202015.pdf)

## [The week ahead](http://www.cardiffaac.org/news/theweekahead.htm) Thursday 28 May 2015

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

The summer season is now in full flow with plenty of competitions to think about.

On Saturday, the club's UK YDL team travels to Bath for the second round of this year's series. After topping the first round, the team will want to maintain its winning streak; to make the national final in Birmingham on 5th September would be a real feather in the caps of all those athletes who make it possible.

On Sunday, the Second Welsh Athletics league match will take place in Brecon.

On Wednesday next (3rd June) Welsh Athletics is organising an evening of sprinting (100m & 200m only) at the Cardiff International Sports Stadium. Go to the [**Welsh Athletics**](http://www.welshathletics.org/competitions/events/track--field/2015/06-jun/sprints-open-meeting.aspx) Website for further information.

Also on Wednesday, the Cardiff & Vale Schools under 15 championships take place in Cardiff. This is a good opportunity to recruit new members and it would be nice if we could have some volunteers to hand out information on the club. If you are interested please contact club chairman Graham Webb.

## [Medal haul at Newport](http://www.cardiffaac.org/news/medalhaulatnewport.htm) Sunday 24 May 2015

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

On a near perfect day, Cardiff athletes turned out in force at the combined South and East Wales Regional Championships held at Newport yesterday, 23 May; and produced a medal count to match.

Amongst numerous personal bests and championship best performances an intriguing high jump competition saw under 17 winner Charlie Pegrum (16) push under 20 winner Tom Trotman (17) to a big new personal best of 1.98m who, in turn, pushed senior men's winner Jonathon Bailey (19) to his personal best of 2.03m.

The only clean sweeps of all three medals came in the under 17 women's 1500m (Bethan Evans, Rhian James & Belinda Wallace) and 100m (Rebecca Kennett, Catrin Lord and Eve George) - to add icing to the cake, Natasha Briggs was fourth.

The championships had started with the 400m hurdles as multi European Champion Rhys Williams got his first race of the year under his belt. Although still a little race-rusty, Rhys professed himself happy with his outing and goes to Belgium later this week for his next race.

In the younger age groups, promising sprinters Carter Staples and Kebba Saidykhan both scored 100m/200m doubles while Lauren Evans continued her good form to win the 80m hurdles, high jump and long jump. Scarlett Russell improved her own under 13 javelin club record by over 3m to win her event with a throw of 28.57m.

And 14 year old Abi Fisher went to No. 1 on the UK rankings with her winning time of 10:27.07 in the under 15 girls' 3000m. Club mate Kiara Frizelle went to third spot on the rankings with her time of 10:33.04 which placed her second in the combined race but East Wales champion.

Jac Palmer was again tantalisingly close to the GB qualifying distance for the European Junior Championships of 71.50m, easily winning the under 20 Hammer competition with 70.32m. Sister Ffion equalled her own personal best (and club record) with a winning throw of 46.71m in the under 17 women's hammer.

Whilst most Cardiff athletes were in Newport, Thomas Hanson (14) was in Neath at the West Wales championships, winning the under 15 shot put with a personal best throw of 14.46m which took him to second place in the latest UK rankings. He also took the silver medal in the 100m in 12.39 seconds, also a personal best. Also competing in Swansea (yesterday) were Lucy Griffiths (senior shot put winner), Jac Smith (under 17 men's 1500m steeplechase winner, with Tomos Nesham second) and Brian Dias, who added to his South Wales medals by winning the senior men's 2000m steeplechase.

[**The full results can be viewed here.**](http://www.cardiffaac.org/files/Regional%20champs%20May%202015.pdf)

Gary Jones took a selection of photographs of Cardiff athletes which can be seen [**HERE**](https://www.flickr.com/photos/91028819@N07/sets/72157653300115676) and [**HERE.**](https://www.flickr.com/photos/91028819@N07/sets/72157653350776942)

**Cardiff's medallists (South & East Wales) were as follows:**

**Under 13 boys:  
Gold:** Carter Staples (100m & 200m); Lloyd Jones (800m); Lloyd Clarke (shot put & discus); Daniel Lacey (javelin - East Wales).  
**Silver:** Philip Rawlins-Grundy (100m & 200m); Ben Vincent (long jump); Gethin Evans (1500m); Daniel Lacey (shot put - East Wales).  
**Bronze:** Philip Rawlins-Grundy (long jump).

**Under 13 girls:**  
**Gold:** Holly Medina (100m & 200m); Saffron Maurice (high jump); Emma Fitzherbert (shot put & discus); Scarlett Russell (javelin).  
**Silver:** Saffron Maurice (70m hurdles); Emma Fitzherbert (javelin).  
  
**Under 15 boys:**  
**Gold:** Seth Kelly (800m); Samuel Griffin (3000m); Thomas Britt (80m hurdles & long jump - East Wales); Maurice Klommite (long jump); Jay Morse (discus & hammer).  
**Silver:** Maurice Klommite (200m); Morgan James (1500m); Thomas Britt (shot put - East Wales); Callum Russell (hammer); Thomas Hanson (100m - West Wales).   
**Bronze:** Callum Russell (800m).

**Under 15 girls:**   
**Gold:** Eliza Hill (100m); Abi Fisher (3000m - East Wales); Kiara Frizelle (3000m - South Wales); Isabel Breeden (75m hurdles - East Wales); Catrin Jones (high jump); Megan Hodgson (pole vault); Thea Willis (shot put); Bethan Gammon (discus & hammer).   
**Silver:** Lana Culliford (200m); Isabel Breeden (200m - East Wales); Lily Gaskin (300m); Sofia Vella (800m); Megan Cole (1500m); Talia Gould (javelin).   
**Bronze:** Renee Moore (100m); Isabel Breeden (100m - East Wales); Issie Tustin (200m); Molly Jones (1500m); Carys Bill (3000m); Bethan Cushion (high jump); Ellie May Stonehewer (long jump); Anais Rowlands (hammer).

**Under 17 men:**  
**Gold:** Kebba Saidykhan (100m & 200m); Jake Heyward (400m); James Vincent (800); Tomos Nesham (3000m); Harry Hillman (100m hurdles & pole vault & shot put); Charlie Pegrum (high jump); Joseff Wiliams (long jump); Kieran Grimwade (hammer).  
**Silver:** Matthew Cottington (400m); Matthew Verran (800m); Rhys Jones (1500m); Jasper Hawkins (pole vault).  
**Bronze:** Joshua Whiston (1500m).

**Under 17 women:**  
**Gold:** Rebecca Kennett (100m & 200m); Amelia Reynolds (200m & 300m - East Wales); Naomi Reid (800m); Bethan Evans (1500m); Laura Wright (3000m); Lauren Evans (80m hurdles & long jump & high jump); Elen Evans (discus); Ffion Palmer (hammer); Sian Smith (javelin).  
**Silver:** Catrin Lord (100m & long jump); Natasha Briggs (200m); Rhian Jones (1500m); Katy Green (high jump); Lois Hillman (pole vault); Elen Evans (hammer). **Bronze:** Eve George (100m); Caitlin Exton (300m); Caitlin Norman (300m - East Wales); Bethan Evans (800m); Belinda Wallace (1500m).

**Under 20 men:**  
**Gold:** Kristian Jones (100m & 200m); Jake Dawkins (100m & 200m - East Wales); Ieuan Handley (1500m); Luke Harry (400m hurdles); Thomas Trotman (high jump); Matteo Holmes (shot put & discus); Jac Palmer (hammer); Richard Dangerfield (javelin).  
**Silver:**Iori Moore (100m); Matteo Holmes (hammer & javelin).  
**Bronze:** Ryan Lee (100m - East Wales); James Verran (200m).

**Under 20 women:**  
**Gold:** Claire Taylor (200m); Felicity Williamson-Sarll (800m); Ellie Atkinson (1500m); Brooke Langton-Cryer (high jump); Eleni Zembashi (discus); Ceri Jones (hammer).  
**Silver:** Claire Taylor (long jump); Ceri Jones (discus); Tasia Stephens (javelin).  
 **Senior men:**  
**Gold:** Daniel Dell (400m); Stephen Morris (800m); Brian Dias (1500m); Rhys Williams (400m hurdles); Jonathon Bailey (high jump); Aaron Thomas (javelin).  
**Silver:** Alex Coomber (400m); Brian Dias (800m).   
**Bronze:** Brian Dias (3000m).

**Senior women:  
Gold:** Lucy Marland (1500m & 3000m); Danielle Mill (400m hurdles). **Silver:** Georgia Morgan (400m).

## [Brett and Ciaran win](http://www.cardiffaac.org/news/brettandciaranwin.htm) Monday 18 May 2015

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

Brett Morse and Ciaran Lewis were both winners over the weekend.

Brett was part of the Welsh squad at the Loughborough International on Sunday, 18th, and got his season off to a strong start with a winning discus throw of 63.42m, taking him immediately to the top of the UK rankings.

Ciaran was part of a two man South Wales team that took the bronze medal at the UK Inter-Counties under 18 fell running championships at Bettws Y Coed on Saturday. Ciaran received the gold medal as the race winner with Cardiff team mate Sam Curwen 16th.

Also at Loughborough, Cardiff sprinter Dewi Hammond produced a personal best 100m time of 10.33 albeit the wind was slightly over the legal limit at 2.1 m/sec.

Slightly further way, in Malta, Charlotte Wingfield took gold medals in both the 100m and 200m in the Maltese championships, breaking her own national record for the 100m.

Furthermore, at the inaugural Royal Welsh Trail Running Festival at Builth Wells, Ffion Price stepped up in distance to win the women's half marathon. Veteran Dic Evans was 18th in the overall race.

## [YDL at Cardiff](http://www.cardiffaac.org/news/ydlatcardiff.htm) Sunday 17 May 2015

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

The UK Youth Development League (U20/U17) returned to Cardiff yesterday, 17th May, and on a sunny day that was spoiled only by a strong headwind in the finishing straight. Cardiff finished fourth of the six competing clubs.

The Cardiff team had been heavily depleted by absences because of examinations but those that were looking for a breather from revision produced some excellent performances. Particularly noticable was Kristian Jones' 100/200 double win including a fine 10.97 100m into a minus 1.8 wind.

Kristian was well supported by Jake Dawkins who took the B 100m and 200m.

Cardiff is well blessed with sprinters and Kebba Sandykhan won the 100m B and 200m A (despite arriving at the stadium as the 100m runners were actually at the start line!). Rebecca Kennett ran an excellent 200m to win the under 17 A race after placing second in the 100m A.

April's athlete of the month Lauren Evans produced a double win in the under 17 long jump (5.39m -close to her personal best) and the 80m hurdles. Her winning hurdles time of 11.98 into a minus 2.3 headwind was only one hundredth of a second off her recent club record time of 11.97 so she will surely run even faster belore long. And, by the way, she was also second in the high jump.

Likewise, James Vincent was an easy winner of the under 17 800m (in a personal best time of 2:02.58 - very good in the windy conditions) after winning the high jump with 1.75m (close to his outdoor best).

It was good to see Ellie Atkinson back on the track and running well to win the under 20 1500m A race.

Also running well was Emily Griffin who was a class apart in the under 20 women's 1500m steeplechase.

During the afternoon, Emily was presented with the Kay James Memorial Trophy as the outstanding girl track athlete of 2014. The award has been inaugurated by Cardiff and Vale of Glamorgan Schools Athletic Association and the trophy was presented by Kay's son Philip.



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

**Under 20 men:** Kristian Jones (100m A & 200m A); Jake Dawkins (100m B & 200m B); Matteo Holmes (Hammer); Charlie Pegrum (High Jump B); Harry Hillman (Pole Vault A).

**Under 17 men:** Kebba Saidykhan (100m B & 200m A); James Vincent 800m A & High Jump); Kieran Grimwade (Hammer).

**Under 20 women:** Naomi Reid (800m A); Ellie Atkinson (1500m A); Bethan Evans (1500m B); Laura Wright  (3000m A); Emily Griffin (1500m steeple chase); Eleni Zembashi (Discus); Catrin Lord (Long Jump).

**Under 17 women:** Rebecca Kennett (200m A); Amy Thomas (800m B); Lauren Evans (80m Hurdles & Long Jump).

[**The full results can be viewed here.**](http://www.cardiffaac.org/files/YDL%20U%20Cardiff%2016%20May%202015.pdf)

## [Off Track successes](http://www.cardiffaac.org/news/offtracksuccesses.htm) Tuesday 12 May 2015

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

Whilst our track and field teams were out in force over the last weekend, the Welsh Trail Running championships (short course) were being held in conjunction with the Porthkerry 5 on Sunday, 10th May.

In excellent conditions at a beautiful venue, Cardiff's Ciaran Lewis retained the senior men's title he won last year, in a time that improved his best by 41 seconds.

Elsewhere, Cardiff's Irish international Kevin Seaward was 15th in the Great Manchester Run, with a personal best time of 29:54 for the 10k distance.

Back at Porthkerry, in the senior ladies category, Liz Davies came home in third place; she was 38th in the overall combined race.

Other Cardiff runners were Alex Donald (7th), Sam Curwen (29th), Callum Stone (33rd) and Rachel Newport (92nd overall and 15th lady).

[**The full results can be viewed here.**](http://www.cardiffaac.org/files/Porthkerry%205.pdf)

## [Steady start for senior women](http://www.cardiffaac.org/news/steadystartforseniorwomen.htm) Monday 11 May 2015

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

Cardiff's senior women's team has made a steady start to its campaign in Division 1 of the UK Women's Athletic League, having won promotion from Division 2 last year. The first match of the season was held in Derby yesterday, 10th May.

Finishing sixthh of the eight clubs, only 4.5 points behind fifth placed Trafford AC and well clear of seventh placed Bristol & West AC, Cardiff is well placed to maintain its position in this higher division.

With athletes contesting several events to secure valuable team points (Emily Brown ran in the 400m hurdles, 1500m and 3000m!), Cardiff's individual event winners were Tasia Stephens (javelin B) and club captain Rhiannon Linington-Payne (400m B).

Melanie Stephenson ran a storming last leg in the 4x100m relay to cross the line first but, in dipping for the line, fell and was injured. We hope that Melanie has not hurt herself too much and will be back soon.

**The match result was:**  
  
1. Wigan & District H (233 points)  
2. Shaftesbury Barnett H (209)  
3. Notts AC (196.5)  
4. City of Manchester AC (192)  
5. Trafford AC (169.5)  
6. Cardiff AAC (164)  
7. Bristol & West AC (142.5)  
8. Southampton AC (128.5)

[**The full results can be viewed here.**](http://www.cardiffaac.org/files/UKWAL%20%201%202015.pdf)

The next match is on 7th June in Bristol.

## [Record turn-out of juniors](http://www.cardiffaac.org/news/recordturnoutofjuniors.htm) Monday 11 May 2015

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

More than 100 young Cardiff athletes made the journey to Hereford on Saturday last, 9th May, for the first round of this year's Welsh Under 15 League.

Fortunately, the weather was fine and dry, although a blustery, cold wind made conditions difficult for athletes and spectators alike.

Cardiff's athletes produced numerous personal best performances on an excellent day for the club.

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

**Under 11 girls:** Nadu Aryee (75m ht 4 & 150m ht 2); Jemima Robinson (150m ht 3 & 800m Ht 2);Megan Hastings (800m ht 3).

**Under 13 girls:** Emmanualla Kone (100m ht 4); Holly Medina (100m ht 5 & 200m ht 1); Marcy Webbe (200m ht 3); Fiona Bostock (800m ht 2); Emily Chirighin (1500m); Lowri Clarke (1000m walk); Safron Maurice (70m hurdles ht 2); Cassey Grimwade (discus & shot put); Scarlett Russell (javelin).

**Under 15 girls:** Renee Moore (100m ht 1 & 200m ht 3); Eliza Hill (100m ht 3); Lana Culliford (300m ht 3); Sofia Vella (800m ht 1); Menna Hill (800m ht 2); Jessica Wadey (1500m); Isabel Breeden (75m hurdles ht 1); Eliza Durnhall (high jump); Megan Hodgson (pole vault); Bethan Gammon (discus); Thea Wills (javelin).

**Under 11 boys:** Joshua Beecher (75m ht 5 & 150m Ht 2); Henry Spencer (800m ht 3).

**Under 13 boys:** Carter Staples (100m ht 1 & 200m ht 1); Ben Hillman (100m ht 3); Gethin Evans (800m ht 2); Lloyd Clarke (1000m walk); Philip Grundy (long jump); Tyler Santos (javelin).

**Under 15 boys:** Joshua Lock (100m ht 3 & long jump); Cameron Pamment (300m ht 3); Thomas Hanson (shot put); Jay Morse (discus & hammer); Henry Gauntlett (javelin).

[**The full results can be viewed here.**](http://www.cardiffaac.org/files/WA%20U15%20Lg%20May%202015.pdf)

**The team managers report as follows:**

**Under 11 boys and girls / team manager Lorraine Price:**

*As the new Under 11’s Team Manager, I looked forward to our first Welsh Junior League fixture with trepidation and excitement.*

*The Hereford weather was fine and dry so the stage was set for an exciting day of athletics. Added to that was the sheer number of U11s we had competing for Cardiff AAC, a full team covering all events.*

*Thank you and well done to all 18 children and their parents who made themselves available on the day. Everyone deserves a mention, so a huge “shout out” to:*

*Joshua Beecher, Oliver Fredrickson, Fynn Annandale, Benjamin Gibson, Sam Edmunds, Kian Lloyd, James Clark, Charlie Russell and Henry Spencer, who made up the boys team, and;*

*Jemima Robinson, Angel Ezeadum, Sophia Evans Francis, Bethan Jones, Alicia Boughton, Megan Hastings, Poppy Tucker, Molly McKerlich and Nadu Aryee for the girls.*

*Every child was a winner on the day, gaining valuable points for the club every time they ran, threw or jumped!!!*

*Exceptional overall performances were, for the girls, Jemima Robinson who was 1st in the 150m, 2nd in the long jump and 3rd in the 800m. The top three times in the 800m were extremely close so well done Jemima. Also, Megan Hastings came a fabulous 2nd in the shot put.*

*For the boys Joshua Beecher was on form, coming 1st in the 150m and 3rd in the 75m. Henry Spencer dominated the 800m winning with a fantastic time of 2:49:98, over 20 seconds ahead of his nearest rival! Charlie Russell also had a good day, placing 3rd in both javelin and shot put.*

*The last events of the day were the relays and didn’t we do well!!*

*The girls’ team (in running order) of Nadu, Angel, Megan and Jemima grabbed first place in their first “run out” together. The boys’ team of Oliver, James, Fynn and Joshua came a close second…..Boys, we will win next time!!*

*As the day came to a close, I cannot put into words the pride I felt managing this new amazing bunch of talented athletes. Thank you all.*

*Next stop NEWPORT, June 6th!!*

**Under 13 Boys /team managers Mark & Jo Vincent:**

*A week later and we still hadn’t calmed down from the excitement of the YDL at Cheltenham. The Team was on a high and there was such a positive feeling as we left Sophia Gardens on our trip to a blustery Hereford.  But this time we had a Bigger Team full of new and regular faces who were eager to get down to business. At this fixture our Under13 boys got off to a great start and scored 268 points finishing  2nd in this league in their age group; not that far behind firstt position.*

*Highlights of the day were as follows:*

*There were several stand-out performers, lots of new faces making debuts and many PBs being achieved. We must start with one of our sprint stars Carter Staples, 1st in both 100m & 200m. Carter currently is 1st in Wales for both and stands a proud 5th in the UK current 100m rankings and just outside the Top 10 for 200m. Phil Grundy was close behind, 2nd in both 100m and 200m and also starred winning the long jump and smashing his PB with 4.48m. Ben Hillman made his WJL debut and already is showing the determination and qualities of big brother Welsh International Harry and sister Lois. Ben had a great day; 3rd in 100m, 3rd in long jump and also doing very well in shot.  There’s a lot more to come from this young man. Our other sprinters on the day, Ben Vincent, Carwyn Hastings and Gethin Evans, also ran very well. Onto middle distance, with promising newcomer Ryan Edwards looked very impressive in the 800m; a PB and 2nd position in 2:34. Gethin Evans claimed more team points, winning his heat in 2:43, with Harri Owen also running very well. Picking up valuable points in the 1500m, the ever dependable Iwan Smith was 4th (thanks Iwan for swopping from 800m) and Tom O Connor 9th.*

*Points scoring and doing well over the hurdles was Harri Owen and a special mention for another new face, Lloyd Clark, who gained maximum points winning the 1k walk.  Lloyd also went on to excel with 2nd place and PBs in both Shot and Discus……well done Lloyd! Harri Owen and Ben Vincent were the points scorers in High jump. We triumphed in an impressive long jump competition - three boys all getting PBs and all in the Top 5 ……our super leapers were PhiL Grundy, 1st with 4.48m, Ben Hillman 4.31m and Ben Vincent 4.29m .Young throwing star Tyler Santos shows great progression winning the Javelin with 31.99m and also scoring points and PBS in both Shot and Discus .*

*Other members of the team who showed great effort through the day were Daniel Lacey and James Brindle;, well done boys.*

*A high point of the day was the unbeaten U13 relay team. With Luca absent we had a change from the previous week’s YDL winning team with Harri Owen taking over. The fantastic four had an air of confidence around them before even stepping onto the track. Ben Vincent got the team off to an amazing start, passing the baton cleanly to Phil Grundy on the 2nd leg……wow watch that boy go……onto Harri Owen on the 3rd leg; whoosh another amazing run. Then onto Carter “I mean business” Staples who shot down that final straight. Big cheers from the crowd, hi 5’s all around ….a great Team effort and well deserved winners! These guys were only 2 seconds off the League record!!*

**Under 13 Girls / team manager Huw Phillips.**

*A Fantastic first WJL meeting of the year saw both the U13 and U15 Girls win their respective matches with some outstanding performances all round.*

*On a day of so many great performances it’s difficult to pick out the key performances especially as expectations were high with the likes of Issy Breeden and Megan Hodgson taking their stunning indoor form into the track season.*

*Wins in the U13’s were collected by Emmanualla Kone in the 100m, Holly Medina in the 200m and Safron Maurice in the 75m hurdles before an outstanding 1500m by Emily Chirighin; winning by 16secs!*

*A debutant win by Lowri Clarke in the 1k walk earned valuable points, as did Brooke Annandale and Evie Wong in the long jump, both competing in a Cardiff vest for the first time and taking 5th and 6th in the Long jump.*

*Cassey Grimwade was the star of the throws, taking first place in Shot and Discus (including a Shot PB) and 2nd place in the Javelin behind Scarlet Russell, herself with a PB and club record to win.*

*A truly amazing performance by the U13’s and it was fantastic to see so many new faces in the vest.*

**Under 15 Boys / team managers Mark & Jo Vincent.**

*In the same week as shocks galore in the General Election, our U15 Boys also were in the mood to shock a few with some amazing performances. Nothing has changed in the leader of our country and nothing has changed with the talent and enthusiasm of our under 15 boys who continue a very impressive start to the season. The boys U15 team are off to a superb start standing 2nd in their age league on the day, just 12 points behind 1st position.*

*Notable performances were as follows:*

*New star in the team Joshua Lock has certainly had a great start to the season; he already is making his mark. Following on from his YDL success in long jump he won again with a PB jump of 5.66m making him 1st in Wales. He is also mixing it with the big boys on the track; 2nd in 100m (also 2nd in Wales) and 2nd in 200m (5th in Wales). Seth Kelly was another point scoring star on the day with 4th in 100m (PB time of 12.95) and 3rd in 800m with 2:18mins. Maurice Klommite was the other point scorer in the 200m with a great run.  Successful in the 300m were Harry Griffiths, 3rd in 42:55, and Louie Edmiston Lane; smashing his PB in 43:33 and finishing 6th: great efforts guys! Harry also ran a great 800m, bringing home more points for the team. Morgan James has had a great cross country season, running for Wales, and continued his fine form; just being pipped on the line and coming second in the 1500m. Teammate Louis Spencer followed close behind as the other point scorer.*

*Another special mention goes to Louie Edmiston Lane stepping up and starting the day in a great way by leading the 1k walk only to be overtaken in the later stages and eventually finishing 2nd; doing it for the Team again and amassing loads of points . Welsh Champion Thomas Britt continues to do well, finishing a close second in the hurdles and also doing well in 100m and 3rd with 5.29m in the long jump.*

*We were not at our strongest in High Jump with Jonathan Gibson and Maurice Klommite the point scorers  6 th& 7th positions.*

*On to our throwing stars. We’ll start with Jay Morse, recently having broken the club record in discus twice, winning the discus with a G1 throw of 41.37m.  Jay also won the hammer with a PB of 33.74m and was second again with a PB in shot with 11.89m.  Thomas Hanson (still can’t believe this guy is U15) won the shot with 12.31m but, sadly, Thomas injured himself in the discus getting a PB of 35.78m in coming second  and had to pull out of the relay.  Another relatively new member of the team, Henry Gauntlett, continued his successes with a win in the javelin with a G3 throw of 31.92m, and a PB in the long jump 4.73m. Jonathan Gibson was our other  points scorer in the javelin.*

*Two members of our relay team were called up at very short notice, due to sickness and injury of two of our athletes and newcomer Cameron Morgan and Maurice Klommite stepped up and did a great job.  Cameron ran a storming 1st leg  and handed on to Josh Lock who blasted up the back straight. Maurice took over looking very comfortable on the bend; then it was over to Thomas Britt to fly down the final straight and secure 2nd place. Very well done guys!*

*It was great to see lots of new faces and welcome them into the team even if you may not have been mentioned in this report. However, there are lots showing great potential to do well in future events. Keep up the good work, train hard and wear your vest with pride in the competitions coming up.*

*We came so close in both age ranges and as an overall Team to winning this fixture. I am confident that we can push on and gain even more points in the future and continue to progress. To do this it is imperative that selected athletes arrive at their event on time and if they are unable to do this please inform a Team Manager asap so that a replacement may be found at short notice to ensure we do not miss out on points. When these fixtures are so close every point counts and encouraging every member of our team is very important.*

*I hope that everybody had a great day. There seemed to be such a lot of smiling faces throughout the day and enthusiasm on and off the track was immense. A great Team Effort all round. A big thank you to all the children who competed today and also to all the parent helpers, without whom there would be no competition! Good Luck in the regional championships in Newport on the 23rd, hope to see loads of blue vests doing well.*

**Under 15 Girls / team manager Huw Phillips.**

*Expectations were high for the U15’s and they didn’t disappoint.*

*Dominating the middle distance with Sofia Vella and Jess Wadey in the 800m & 1500m, we picked up important points in the sprints with Eliza Hill & Issy Tustin collecting 2nd & 3rd in the 100 and Issy Breeden and Issy Tustin taking 2nd and 5th in the 200m before Lana Culliford grabbed 2nd in the 300m.*

*Issy Breeden and Clara Nuthall ensured more points with 1st and 3rd in the 75m Hurdles and ensuring a successful day for our female hurdlers.*

*Eliza Durnall then went on to record a PB in winning the High Jump with 1.48m, which coincidentally was the size of her smile afterwards J. Megan Hodgson took her great indoor form into the Pole Vault with a win and then Thea Willis took 2nd in the Hammer before winning the Javelin,*

*Bethan Gammon added more points with a PB and a win in the Discus to go with her 2nd placed Hammer throw.*

*And then we had the relays….quickly becoming something of a specialist performance by the girls now. We were beaten into 2nd in the U13’s by 0 .12secs before the U15’s maintained their amazing YDL performance from the previous week to win ‘comfortably’ by 1.2secs in a race they never looked like losing J.*

*All in all it was an amazing day and a performance to be very proud of. Thank you to all of the athletes, parents, officials and coaches.*

## [Notice to throwers](http://www.cardiffaac.org/news/noticetothrowers.htm) Saturday 9 May 2015

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

Please note that Alyson Hourihan will not be available to take throwing sessions on 7th, 11th and 14th May.

Also, Roger Grindle is unwell and will not be able to coach for the next few weeks.  
  
Thank you.

## [Weekend successes](http://www.cardiffaac.org/news/weekendsuccessesx.htm) Tuesday 5 May 2015

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

Cardiff athletes were competing for their universities in the BUCS championships in Bedford whilst others were contesting the Cardiff Bay 5 mile race.

In Bedford, Jonathon Bailey set a big new life time best in winning the high jump and clearing 2.01m while Jonathan Hopkins won the 3000m steeplechase with 8:46.27, also a personal best.

Charlotte Wingfield set a new Maltese national record for the 100m with her 11.79 seconds, in second place; she was also second in the 200m.

Other notable performances included Rebecca Chapman's 6.03m long jump into the wind for second place; Sam Gordon's 10.59 for second in the 100m with Richard Tremblen in fourth place with 10.69; Owen Smith's 47.93 for fourth in the 400m; Jac Palmer set a new personal best with the senior hammer, throwing 63.25m for fourth place. Also taking a fourth place was Lucy Griffiths in the women's shot put.

Lemarl Freckleton was sixth in the 200m with 22.06; Emily Brown was sixth in the 2000m steeplechase and Ffion Price also came sixth in the 1500m.

Meanwhile, in Cardiff Bay yesterday, Tom Marshall took second place behind winner Adam Hickey. Tom's time of 24:26 was his best over this distance.



Mike Kershaw was fourth, Muktar Farhan was twelfth, Elsidig Ibrahim fifteenth and Tom Marley sixteenth.  
  
Ben Smith (12), wearing his Cardiff vest was also to the fore in the family race that preceded the 5 miles, finishing in third place in fine style.

## [YDL juniors start with a win](http://www.cardiffaac.org/news/strongstartforydljuniors.htm) Sunday 3 May 2015

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

Cardiff's under 13/15 team travelled to Cheltenham yesterday for the first round of the UK Youth Development League (Lower Age Group) and achieved a great winning start.

With several athletes scoring double individual wins, Jay Morse stood out with three, winning the under 15 Discus A, Hammer A and Shot Put B. His winning discus throw of 43.73m was a club record and places him second on the latest UK rankings.

Double individual winners were: Joshua Lock (U15 200m B & Long Jump A); Thomas Hanson (U15 Discus B & Shot Put A); Carter Staples (U13 100m A & 200m A); Philip Grundy (U13 100m B & 200m B); Jessica Wadey (U15 300m A & 800m A); Sofia Vella (300m B & 800m B).

Another club record was broken, in the under 13 girls' javelin, when Scarlett Russell threw 24.55m in coming second in the A event.

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

**Under 15 Boys:** Callum Russell (Hammer B).  
  
**Under 13 Boys:** Tyler Santos (Javelin A); Ben Vincent (Long Jump B); 4x100m.  
  
**Under 15 Girls:** Eliza Hill (100m B); Issie Tustin (200m B); Kiara Frizelle (1500m A); Carys Bill (1500m B); Isabel Breeden (75m Hurdles A); Anais Rowland (Hammer B); Bethan Gammon (Javelin B); Thea Willis (Shot Put A); Megan Hodgson (Pole Vault A); 4x100m; 4x300m.

**Under 13 Girls:** Cassey Grimwade (Javelin B).

**The match result was:**

1. Cardiff AAC (545 points)  
2. Swansea H & AC (540.5)  
3. Cardiff Archers (535)  
4. Cheltenham & County H AC (421)  
5. Team Bath (388.5)  
6. Bristol & West / Mendip AC (251)

[**The full results (final) can be seen here.**](http://www.cardiffaac.org/files/YDLL%20May%202015%20revised.pdf)

The initial results placed Cardiff second by a mere half point but, on checking, it was discovered that Cardiff had, in fact, won.

**The team managers report as follows:**

**Under 13 Boys (team manager AJ):**

*If ever a Team proved that every point matters, it was Cardiff AAC's Under 13 Boys.*

*Carter Staples and Philip Grundy completely dominated the 100m and 200m, to get maximum points. A whopping haul of 32 points. They were later joined by Ben Vincent and Luca Logue-Fonseca to storm to a fantastic 4x100m win.*

*With a time of 12.9s, Carter now has his sights on the club record of 12.5s, which has stood since 1975!*

*In the 75m Hurdles, Harry Owen, competing in a Cardiff vest for the first time, showed great bravery to earn the team the points in the A Race. A very nervous Matthew Register produced arguably the biggest surprise of the day for the U13 Boys, by taking an impressive second place in the B race.*

*In the 800m A race, an extremely brave Gethin Evans had to pull up after 500m due to illness; better days will come for Gethin. In the B race Iwan Smith pick up a very good third place to get Cardiff the points in this event. Better news from the 1500m where Ryan Edwards (still in primary school) continues to make a name for himself; with a great personal best of 5:08 minutes - the 5 minute mark will surely come soon for Ryan.*

*Away from the track, one performance was outstanding. Tyler Santos in the Javelin was sensational, adding almost 5 metres to his PB - 2015 promises to be an amazing year for Tyler. In the B event, it was Matthew Register again, showing great spirit to take third place.*

*In the Long Jump, the ever dependable Luca and Ben (both also still in primary school) took on the high school kids again and did their stuff! Luca and Ben (the Welsh Championship silver medallist) picked up 13 huge points for Cardiff.*

*In the High Jump, a 1.25m jump gave Harry Owen a crucial 5 points. The same height gave Matthew Register second in the B event, earning another 5 points and bringing Matthew's tally to 14 points for the day.*

*And then we had the Shot Put! Will Odgers, also in his first competition, picked up a very valuable 4 points coming third in the B event.*

*But, the last word has to go to Daniel Lacey!*

*In the first draft of the published results, Cardiff AAC was given 540 points, to Swansea's 540.5. At that stage it looked as if Cardiff had come second, by half a point! BUT, Daniel's mum brought to our attention that Daniel's performance in the shot put was missing. His fourth place was missing. His 5 points were missing. The results were amended. The revised tally read: Cardiff 545, Swansea 540.5. We Won!*

*Dan's missing throw of 5.16m made the difference, teaching us what sport is all about.*

*And what it means to be a Team. Fantastic teamwork boys :)*

**Under 13 Girls (Team Manager Alan Wadey):***It being my first fixture as Team Manager, I started the day wondering just how things would turn out. My nerves were probably matched by all those athletes competing for the first time, or so I thought.*   
  
*After a wet trip into Cardiff, I was pleased to find the coach already parked up at the rendezvous in Sophia Gardens and, having checked off a few names, we were underway and heading to Cheltenham for the first YDL match of the season. The closer we got, the better the weather until, by the time we arrived, the sun was shining. The scene was set - “let the games begin”.*

*First up was the 70m Hurdles. Our sole runner, Saffy Maurice ran a smooth A race and finished a credible fourth, scoring our first valuable points. Unfortunately we didn’t have an athlete in the B race; something to work on for next time – any volunteers?*

*Then came the High Jump, which saw Saffy competing again, this time achieving second place with a PB of 1.30m, and Lily Gregson our second competitor clearing the bar to gain valuable points.*

*Attention then moved back to the track with the 150m Sprints. Holly Medina gained fourth with a PB of 21.6 and Saffy, in her third consecutive event, gained an injury (which ruled her out of the relay later in the day) but still finished and gained points.*

*The 800m race didn’t go quite to plan due to a missing athlete, but Bethany Gold moved up to the A race at the last minute and ran a PB of 2:53. This left a gap in the B race which, unfortunately, couldn’t be filled.*

*Turning back to the field events, the shot put saw Cassey Grimwade and Lily Gregson in action. Cassey gained second place and a PB of 7.99m as the A competitor and Lily pulled out a throw just short of her PB to take third place as the B competitor.*

*The Long Jump provided the first events for Scarlett Russell and Marcy Webbe where both achieved season’s bests and valuable points.*

*The 75m Sprint saw Holly and Marcy back in action with Maddy Jones running a non-scoring race. Holly ran a PB of 10.9 achieving fifth place in a very bunched-up field. Marcy also ran a PB of 11.3 in her race, achieving the same finish position. Maddy finished the sprints with a PB of 11.2.*

*The distance then leapt to 1200m with Emily Chirighin running a PB of 4:02.0 to gain second place and Sara John putting in a creditable run as the B competitor, again achieving valuable points for the club. We didn’t have any non-scoring runners in this race, partly due to injury. If interested in this distance, let me know for next time.*

*The field competitions drew to a close with the Javelin which saw Scarlett and Cassey doing their best to gain points for the club. Scarlett threw a PB of 24.55m, which saw her to second place, with Cassey close behind with an season’s best of 22.91m and first place amongst the B competitors. Good throwing girls.*

*The culmination of the track events was the relays. There is always a lot of excitement generated by these and the noise in the stadium certainly grew accordingly. With Saffy injured, Maddy was drafted into the team to run the first leg. Next up was Marcy who kept up the pace and handed over to Scarlett, with Holly taking the final leg. The team finished a brilliant third on 57.1, with only 0.7 seconds separating the first four teams. I was glad not to be a finish line judge!*

*It was the first YDL for many of the young athletes and what a way to start – lots of PBs and SBs and also a team win. When it came down to the final results, they were so close that every point did count; whether a first place or a last place, it didn’t matter. Let’s see if we can do even better at the next match, after all, PB’s are there to be broken. But, importantly, let’s continue to have fun at these events.*

*Well done one and all. You’re a credit to your club.*

*Last but not least a big thank you to all the parents, especially those that helped out on the day.*

**Under 15 Girls (Team manager Jen Stone):**

*What a day!  I approached my first league match as Team Manager for the U15 girls with eager anticipation.*

*The field events kicked off the day with Bethan Gammon setting a new PB of 26.42m in the hammer throw and more PBs followed for Thea Willis in the javelin (28.10m) and Ellie-May Stonehewer in the long jump (4.54m). Bethan Cushion equalled her early season indoor PB of 1.40m in the high jump and Megan Hodgson won the pole vault with a height of 2.80m.*

*Wins and PBs continued on the track with our sprinters.  Elliza Hill set a new PB of 13.0 to win the 100m B race while Issie Tustin made a welcome return from injury to win the 200m B race.*

*Jess Wadey and Sofia Vella each did the double by winning their 800m and 300m in the A and B races.*

*Kiara Frizelle dominated her 1500m A race, taking 18 seconds off her PB to set a new one of 4:58.3. Carys Bill changed events at the last minute to compete in the 1500m B race, which she won, and then went on to run a strong leg in the 4 x 300m relay a mere half an hour later.*

*A special mention must go to Anais Rowland for stepping up to compete in the hammer throw after only having thrown the hammer a couple of times in practice.  She scored a win in the B event with a throw of 18.97m.*

*Also thanks go to Lily Gaskin who was press-ganged into filling a gap in the Long Jump at short notice and, despite never having competed in this event before, jumped 4.25.  Perhaps she has found another event?*

*The 4 x 100m relay team (Renee Moore, Isabel Breeden, Elliza Hill and Lana Culliford) ran a very exciting race setting a time of 51.7, setting a new club record.*

*The last race for the girls was the 4 x 300m relay (Sofia Vella, Lily Gaskin, Carys Bill and Jess Wadey) which they won convincingly.*

*The team showed great spirit throughout the day, producing tremendous results.  This ethos was further evidence by Annwen Gammon who, despite being injured, volunteered to officiate, gaining us valuable points which all contributed to the magnificent first win of the league.*

**Under 15 boys (Team Manager AJ):**

*The Under 15 boys came to Cheltenham in force, and they brought their A game! Even missing recent Welsh Champion, Thomas Britt, there was plenty of talent on display.*

*In breaking with tradition, we shall start with the throws - the heavy throws. Three athletes, between them, scored 48 out of 48 points.*

*There were maximum points in the A and B competitions for the Hammer, Shot and Discus.*

*It may have been Daniel Lacey’s points that got us over the winning line, but it was Jay and Callum who left the competition standing at the start line!*

*It all began with the very first event of the day as Jay Morse re-captured his fondness for the hammer with a 32.33m PB throw to win the A event. His team mate, Callum Russell, produced the biggest surprise win of the day, in the B event, and surpassed all expectations with an excellent throw of 17.46m*

*In the shot put, enter Thomas Hanson. Tom was a cut above the rest in this competition and his win was never in doubt, without having to be anywhere near his best; and Jay Morse’s PB throw of 11.66m comfortably won the B event. Thomas Hanson went on to throw 28.62m in the discus, to win the B event, again with distance to spare – he is an extraordinary talent, currently ranked number two in the UK.*

*In the Javelin too, Henry Gauntlet, throwing for Cardiff for the first time in the YDL, looked at home with the year 9s. Tough conditions meant that Henry was just below his brilliant best, but still captured second place and 7 points in in the A event. Thomas Hanson capped off another good day with second place in the B event.*

*And if that wasn’t enough, step forward Jay Morse again (with discus in hand this time please)…!*

*Having re-written the club’s record book a week before, Jay added almost another metre to his own record. A PB throw of 43.73m leaves us all wondering what does 2015 hold for Jay!! Three events, three PBs. Well done Jay!*

*On the track, Evander Lewis looked at home at this level of competition, running a great PB time of 25.1 in the 200m to take third place in a high quality A race. New comer Joshua Lock, competing for the first time in a Cardiff vest, made an instant name for himself by winning a thrilling B race with a time of 25.3. Josh had already secured a fantastic win in the long jump earlier in the day with a huge 5.55m jump, taking him to number one in the Welsh Rankings. Great debut Josh! Welcome to Cardiff AAC! Also in the long jump, the ever popular Jonathan Gibson inched his way back to his best, with a 4.73m jump, his best in almost a year!*

*It was not such good news in the 100m. An illness forced the extremely talented Evander to go home early. Step up Seth Kelly and Louis Spencer. The ‘endurance’ runners gave it their all, with Seth recording an impressive 12.7s time, and Louis running a PB in the B race.*

*In the Hurdles, it was Ryan Lane and Callum Russell who bravely filled in and grabbed five points in this event. Cardiff AAC won this match by 4.5 points so you can do the maths yourself. Thank you Ryan and Callum. Great efforts.*

*Before his heroics in the 100m, Seth Kelly, produced another PB run in the 800m to take second in the A race. Alfie Davies, a little off his best, was still good enough to take second place in the B race. Better days to come for Alfie!*

*Running the 300m for the first time was Daniel John. A very good 40.4s time gained him second place. It was a great run by Dan who we all know will be out to get the win next time. In the B race was Ryan Lane, in his more favoured event, and a  PB of 44.6s produced further points for the team.*

*Another favourite amongst the athletes, coaches and team managers is Morgan James. Having run in a Welsh vest a few weeks ago, he took almost 20 seconds off his PB in the 1500m, to clock an incredible time of 4:35.5. Morgan’s amazing year continues. Another PB for year 8 athlete Louis Spencer in the B race gave the team big points in the endurance events.*

*The toughest event for the boys proved to be the high jump, with Jonathan Gibson getting the points here.*

*As always, the day ended with the relays and, after Evander’s unfortunate departure, we had to look elsewhere for his replacement in the 4x100m. Coming forward was a young man proving again what a team player he is. Joining Josh Lock, Thomas Hanson and Daniel John was Henry Gauntlet;  and it was to great effect! The boys finished narrowly third against two full strength high quality relay teams. We’ll get them next time boys!*

*The day ended with a very good third place, and another 6 points, in the 4x300m, with Alfie Davies, Ryan Lane, Jonathan Gibson and Seth Kelly bringing the team home! They too will look to go one (or maybe two) better next time!*

*From the huge haul of points in the throws, to the bravery shown by the hurdlers, or the great team spirit of the relay teams, one way or another these boys meant business. The win for Cardiff AAC was a great reward for their effort.*

This is an excellent start to the series and Cardiff is more than capable of winning the 2015 series and qualifying for the national final. Let's go for it.

Well done.

## [World and personal bests](http://www.cardiffaac.org/news/worldandpersonalbestsatwelshleague.htm) Tuesday 28 April 2015

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

The domestic season got off to a good start on Sunday last, 26th April, with the first round of the re-vamped Welsh League taking place in Cardiff.

Nearly 300 athletes took part and produced numerous excellent performances and personal bests, including an unofficial new world record for Cardiff's Aled Davies in the category F42 discus with a throw of 52.85m.

Bethan Davies got the day's track event off to a good start, showing excellent form to win the 2k walk and set a personal best time and league record of 8:54.60.

This was followed by a comfortable win in the 3,000m for Owen Haswell.

Cardiff's sprinters showed good early form and benefited from a following wind that was just over the limit of 2m/sec. Kristian Jones was timed at 10.84 for 100m and 21.72 for 200 (league records) while promising 16 year old Kebba Saidykhan set new bests of 11.02 and 22.26.

Also setting a new league record was Ciaran Lewis who won the 1,500m steeplechase in 4:32.52.

In a closely contested men's high jump, Charlie Pegrum (16) cleared a new personal best height of 1.90m with Tom Trotman clearing the same height. Katy Green (15) set a new personal standard of 1.61m in the women's high jump, coming second to winner Lauren Evans who also cleared 1.61m.

Other Cardiff winners were Corey Lower (100m heat 3); Chris Parry (100m heat 7); Hassan Abdi (400m); Jack Gooch (800m heat 3); Emma Ligthart (400m); Ffion Price (800m heat 2); Lauren Evans (80m hurdles); Matthew Richards (SM hammer); Kieran Grimwade (U17 hammer); Rebecca Chapman (long jump). To round off a successful afternoon, Cardiff's men's 4x100m relay team won and the women's team was second.

It was good to see so many Cardiff athletes competing in the Welsh League and it does look as if the new "open meeting" format has got off to a successful start.

The next round is on 31st May in Brecon.

[**The full final results can be viewed here.**](http://www.cardiffaac.org/files/WA%20League%20April%202015.pdf)

[**A selection of photograhs can be seen in GALLERIES.**](http://www.cardiffaac.org/galleries/welshleagueapril2015/default.htm)

## [New club record lists](http://www.cardiffaac.org/news/newclubrecordlists.htm) Saturday 25 April 2015

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

Club Chairman Graham Webb has researched the records and has produced club record lists for under 13 boys and girls.

These rankings can be seen by going to the Cub Records pages.

If anyone knows of any performances that are better than those listed, please let us know.

The Cardiff AAC record lists contain many fine performances by athletes who have gone on to achieve major successes.

To be a Cardiff AAC record holder is something to be very proud of.

## [Virgin Mini Marathon](http://www.cardiffaac.org/news/virginminimarathon.htm) Wednesday 22 April 2015

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

Nine Cardiff athletes have been chosen by Welsh Schools to take part in the Virgin mini-marathon in London on Sunday next, 26th 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 is a former winner of the mini-marathon.

The chosen Cardiff athletes are:

Under 17 men: Jake Heyward.   
Under 17 Women: Bethan Evans.   
Under 15 boys: Rhys Jones.  
Under 15 girls: Abi Fisher, Naomi Reid and Megan Bowen.   
Under 13 boys: Daniel John.  
Under 13 girls: Sofia Vella and Isobel Brown.

If we have missed anyone please let us know.

There is also a team event in each of the age groups.

The Welsh Schools group will travel up to London on Saturday, in time for the start of the mini-marathon at 9 o'clock on Sunday morning.

Good luck and enjoy the experience.

Last year, John Cove finished in a magnificent 6th out of 275 finishers in the under 17 men's race.

## [Juniors off to a strong start](http://www.cardiffaac.org/news/juniorofftoastrongstart.htm) Monday 20 April 2015

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

At Yate on Saturday last, 18th April, Cardiff's UKYDL team for the under 20 and under 17 age groups got the season off to a good start, taking third place in the Midlands Premier Division. As the first two teams were composite (made up of more than one club), Cardiff's performance was the best for a single club.

Within the team's performance, Jac Palmer stood out. In his first competition of the year, he broke his own Welsh and club hammer records with a fine throw of 70.88m which is only 00.62m short of the UK qualifying standard for this year's European Junior Championships. It also takes him to second place on the UK under 20 rankings.

To keep it in the family, Jac's sister Ffion (15) also set a big new personal best and new club record to win the under 17 women's hammer with 46.71m

Cardiff's under 20 men produced a particularly strong performance with 14 individual event winners as well as the 4x400m relay.

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

**Under 20 men:** Kristian Jones (100m A); Jake Dawkins (100m B & 200m A); Iori Moore (200m B); Nicholas Jones (800m A); John Cove (1500m A & 3000m A); Sam Curwen (2000m s/c B); Jac Palmer (Hammer A); Matteo Holmes (Hammer B & Javelin B); Adrian Lawrence (Triple Jump A); Gage Francis (Triple Jump B); Tom Trottman (High Jump A).

**Under 20 Women:** Melissa Roberts (100m A); Kate Seary (1500m A ); Carys Bill (3000m A); Ffion Gregson Lewis (3000m B); Eleni Zenbashi (Discus A); Elen Evans (Hammer B).

**Under 17 Men:** Kebba Saidykhan (200m A); Kieran Grimwade (Hammer).

**Under 17 Women:** Naomi Reid (800m A); Lauren Evans (80m Hurdles A); Melissa Bird (Discus); Ffion Palmer (Hammer); Sarah Omoregie (High Jump).

**The team scores were:**

1. Team DC (673 points)  
2. Team Avon (620)  
3. Cardiff AAC (606)  
4. West Wales (515)  
5. Cheltenham & County AC (429)  
Swansea H (416)

[**The results can be seen HERE.**](http://www.cardiffaac.org/files/UKYDL%2018%204%202015.pdf)

The next round of the series is a home match in Cardiff on 16th May. This is our chance to show what we can do and, with a full team, we could easily win this leqague.

## [Super Super Sunday](http://www.cardiffaac.org/news/supersupersunday.htm) Monday 20 April 2015

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

Cardiff Athletics Academy's second "Super Sunday" competition was held yesterday, 19th April, in bright sunshine but with a cold wind.

A record turnout of over 70 athletes saw enthusiastic competition and good results.

The results from yesterday can be seen [**HERE**](http://www.cardiffaac.org/files/Super%20Sunday%20results%20April%202015.pdf) and those from the first event held in March can be seen [**HERE.**](http://www.cardiffaac.org/files/Super%20Sunday%20results%20March%202015.pdf)

A selection of photographs taken yesterday can be seen in [**GALLERIES.**](http://www.cardiffaac.org/galleries/supersundayapril2015/default.htm)

Congratulations to Hugh and all the coaches and helpers who have made these events a success.

The next Super Sunday is on 18th May.

## [Regional entry deadlines](http://www.cardiffaac.org/news/regionalentrydeadlines.htm) Friday 17 April 2015

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

The South and East Wales regional championships will take place on Saturday, 23rd May at the Spytty Stadium in Newport and the dealine for entries is Thursday 7th May.

The championships cover all age groups from under 13 to senior and all club members are encouraged to enter.

Cardiff always does well at these championships which are also a stepping stone to regional representation at the Inter Regional Championships later in the season.

Entry forms can be downloaded from [**HERE (SOUTH WALES)**](http://www.cardiffaac.org/files/2015-SOUTH%20WALES%20REGIONAL%20ENTRY%20FORM.pdf) or [**HERE (EAST WALES)**](http://www.cardiffaac.org/files/2015-EAST%20WALES%20REGIONAL%20ENTRY%20FORM.pdf) or can be obtained in the club room. The entry forms contain all necessary information on the timetable, entry requirements, etc.

The organisers are also seeking volunteers to hwelp with the administration and officiating at the event -  if you can help please email [joey.duck@welshathletics.org](mailto:joey.duck@welshathletics.org) and let her know what is area you can help with and how long you are available for.

## [Club records for Rhianwedd](http://www.cardiffaac.org/news/clubrecordsforrhianwedd.htm) Monday 13 April 2015

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

Cardiff's Rhianwedd Price, currently studying at Mississippi State University, has improved one of the club's oldest records with two personal best performances.

Her time of 4:11.67 to win the 1500m during the Florida Relays on 3rd April improved on Kim Lock's 4:13.12 set over 32 years ago, in 1982.

Rhianwedd had earlier clocked 4:32.74 for the one mile, indoors, which is also superior to Kim's best outdoor record of 4:37.70.

Kim Lock was one of Cardiff's finest middle distance runners, representing Wales in the 1982 Commonwealth Games in Brisbane where she finished 6th in the final.

Rhianwedd has also improved her best time over 800m clocking a winning 2:05.00 yesterday.

[**Track season starts**](http://www.cardiffaac.org/news/trackseasonstarts.htm) **Friday 10 April 2015**

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

Suddenly the winter is over and the summer track season is upon us and all those days of training in the cold and wet should see their reward.

On Saturday 18th April, the UK YDL team (under 17/20) travels to Yate and will hope to get the season's campaign off to a strong start. If you have not yet let your team manager know of your availability, please do it now.

Only two athletes can take part in each event in the UK YDL so the following week's open Welsh League meeting in Cardiff (Sunday 26th April) is the place for those athletes not in the team. There is no limit on the numbers of athletes who can enter the Welsh League competitions and all Cardiff athletes are encouraged to turn out on their home track.

The Welsh League is open to seniors, under 20 and under 17 age groups and further details are available on the [**Welsh Athletics website**.](http://www.welshathletics.org/competitions/events/track--field/2015/04-apr/welsh-athletics-league-fix-1.aspx)  Note that the entry fee of £5 covers all events you wish to enter (it is not £5 per event).

The Welsh League on 26th April is hosted by Cardiff AAC and anyone willing to help on the day should please contact organiser Debbie Bull ([debbiebull\_123@msn.com](mailto:debbiebull_123@msn.com)).

And don't forget the second "Super Sunday" on 19th April (from 10am to 12am); especially organised for Academy members and those needing an informal opportunity to learn about competing.

Let's get the season off to a great start.

## [Talent spotting](http://www.cardiffaac.org/news/talentspotting.htm) Friday 10 April 2015

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

Think you might be good at long jump or high jump; or throwing; or pole vault? Never tried it?

Cardiff and Vale schools are holding a talent identification session at Whitchurch High School – Lower School site on Wednesday April 29th, from 3.30pm till 5.15pm.  This is specifically for technical events; including pole vault, hurdles, race walking, all jumps and all throws.

The talent ID session will be follow by 5 weekly development sessions on a Tuesday at the same venue and at the same time, up to and including June 2nd. This is only open to athletes in a Cardiff and Vale High School and is specifically for pupils in year 8 and 9. If you have any further queries please contact Welsh Athletics network officer via email on [ryan.spencer-jones@welshathletics.org](mailto:ryan.spencer-jones@welshathletics.org).

Why not?

## [Cardiff featured in AW](http://www.cardiffaac.org/news/cardifffeaturedinaw.htm) Saturday 4 April 2015

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

Cardiff AAC has been featured in a full page article in the week's edition of the sport's popular magazine Athletics Weekly which is read not only by fans in Britain but also around the world.

Throughout its history Cardiff's rivals have always known that its athletes and teams are never to be taken lightly and a quick look at the roll of honour demonstrates the quality of the club and its athletes over many years.

Click [HERE](http://www.cardiffaac.org/images/AW%202015%20best.jpg) to view the full article.

## [PBs in the USA](http://www.cardiffaac.org/news/pbsintheusa.htm) Monday 30 March 2015

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

Several Cardiff AAC athletes are currently studying and competing at universities in the USA and producing good performances.

In the 800m, Elliot Slade was back to his best, setting a new PB of 1:48.91 indoors on 1st March. His previous best was set in 2013 (1:48.93).

Also indoors, Mike Ward set new times for the mile (4:06.35 on 21st February) and 3000m (8:10.22 on 14th February) with Rhianwedd Price also running her best mile time (4:32.74 on 28th February) and 1000m (2:45.65 on 30th January).

Rebecca Evans has set best times both indoors and out and looks set for her best ever season. Indoors she set new times for 1 mile (4:58.64 on 17th January) and one week later improved her 3000m time to 9:55.57. She started her outdoor season last week with a PB 1500m of 4:48.36 and, a week later, achieved the same over 5,000m with 17:32.54.

Other Cardiff athletes studying and competing well in the US include Adam Bitchell and Charlotte Arter.

We are looking forward to seeing them back in their Cardiff vests during the summer.

## [Track and Field season](http://www.cardiffaac.org/news/trackandfieldseasonbeckons.htm) Wednesday 25 March 2015

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

With the winter season of cross country and road running behind  and the clocks to go on this weekend, athletes will have been planning their competitions over the summer season.

The first team competition (the UK YDL upper age group) is on 18th April, less than four weeks away.

Cardiff AAC has the potential to put out strong teams at every age group and we are looking for promotion in several of the leagues in which we take part.

Cardiff AAC athletes are urged to plan their season's competitions with club competitions as a priority so that we can maintain our position as one of Britain's strongest and most successful clubs.

Welsh Athletics is now strict on applying its registration scheme so it is very important that athletes' club subscriptions and Welsh Athletics registration fees are paid. Please also ensure that we have your up to date contact details and availability details.

The complete fixture list can be found on the club's [**WEBSITE**](http://www.cardiffaac.org/fixturearchive/fixtures2015/trackandfieldevents2015/default.htm) with additional events on the Welsh Athletics [**SITE.**](http://www.welshathletics.org/competitions/events/track--field.aspx)

The club's league fixtures, dates and venues are as follows:

**British Athletic League (National Division 1):**Saturday 9 May: Eton  
Saturday 6 June: Southampton  
Saturday 11 July: Bromley  
Saturday 8 August: Liverpool

**UK Women's Athletic League (Division 1):**Sunday 10 May: Derby  
Sunday 7 June: Bristol  
Sunday 9 August: Wigan

**UK Youth Development League (U13/U15):**Saturday 2 May: Cheltenham  
Saturday 30 May: Bath  
Sunday 21 June: Bristol  
Saturday 18 July: Swansea

**UK Youth Development League (U17/U20):**Saturday 18 April: Yate  
Saturday 16 May: Cardiff  
Sunday 28 June: Cheltenham  
Sunday 26 July: Swansea

**Welsh Junior (U15 League) SEWL Division:**Saturday 9 May: Hereford  
Saturday 6 June: Newport  
Sunday 12 July: Hereford  
Saturday 1 August: Hereford

**Welsh Junior League Final:**Sunday 23 August: Newport

**Welsh Senior T & F League:**Sunday 26 April: Cardiff  
Sunday 31 May: Brecon  
Saturday 11 July: Newport  
Sunday 9 August: Swansea (Final)

## [Cardiff retains title](http://www.cardiffaac.org/news/cardiffretainstitle.htm) Monday 23 March 2015

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

Cardiff's senior men's team took the gold medals at the Welsh Athletics Road Relay Championships, held yesterday 22nd March at Pontypridd's Ynysangharad Park, retaining the title won in both 2014 and 2013.

The senior women matched the men, also winning gold, as did the under 17 women.

The under 17 men's teams took siver and bronze.

The senior men were led off by Carwyn Jones who finished his leg with a lead over the Swansea team that was never surrendered. With solid runs from Matthew Edwards and Mike Kershaw, Tom Marshall, returning from injury and not sure of his form, looked back to his best as he brought the team home with a substantial lead, also producing the fastest individual leg.



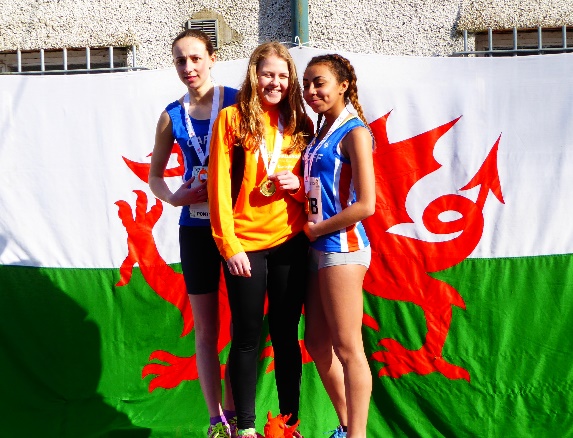
Likewise, the ladies were given a great start by Charlotte Gaughan, followed by dependable Emily Brown and Rachel Matthews, with Kate Seary, also returning from injury, bringing the team home to a comfortable win. Charlotte ran the third fastest leg.



Cardiff's other champions were the under 15 girls' team, consisting of Laura Wright, Megan Bowen, Rhian Jones and Megan Cole. Megan Bowen produced the fastest individual leg.

The under 15 boys produced three teams, with the A team (Antonio Peacock, James Short and James Vincent) taking gold and the B team 7th and the C team 9th. James Vincent produced the fastest leg.

Also winning gold were the under 17 women, with Emma Ligthard the lead-off runner (and fastest leg), followed by Angel Powell and Belinda Wallace.



The under 17 men's team took silver and bronze medals respectively, with the A team consisting of Matthew Verran, Jac Smith and Jack Eggington and the B team Sam Curwen, Hari Bowen and Aeron Evans.



In the under 13 age groups, the girls teams came 7th and 10th and the boys 6th.

The under 11 age group runs as a straight race (and not a relay) and the best performers, for the boys was Lloyd Jones (5th) and the girls Jemima Robinson (8th).

It was great to see so many Cardiff athletes turning out for club teams and doing so well. Congratulations.

[**The full results can be seen HERE.**](http://www.cardiffaac.org/files/WA%20Road%20Relays%202015x.pdf)

## [Cardiff receives recognition](http://www.cardiffaac.org/news/cardiffreceivesinsportrecognition.htm) Friday 20 March 2015

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

Cardiff AAC has received Disability Sport Wales' insport Club Ribbon which recognises the club's "commitment to inclusion and providing opportunities for disabled people in Wales".

The official certificate was presented to Cardiff officials by world record holder Aled Davies who joins other distinguished members such as Tanni Grey-Thompson, Tracey Hinton, Stephen Morris and Stephen Herbert on the club's roll of honour.



The Insport Club programme is part of the broader insport project, which aims to support the physical activity, sport,  and leisure sectors delivering inclusively of disabled people. Disability Sport Wales knows that the majority of adults get to experience great quality sport opportunity within a club environment, and that disabled people may not want to just play sport within a disability sport or impairment specific club or session. The purpose of Insport Club is therefore to support clubs in developing their provision so that it includes disabled people within clubs' structures which provide the best opportunities to the community, increase participation and membership, enable larger sections of the community to become involved within a voluntary governance role, and continue to provide great sport across Wales.

## [Stadium changes](http://www.cardiffaac.org/news/stadiumchanges.htm) Tuesday 17 March 2015

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

On Thursday next, 19th March, Cardiff Council will decide whether to transfer the management of Cardiff International Sports Stadium to Cardiff and Vale College.

This will obviously affect the club as well as Welsh athletics and club officials have met the college to better understand what changes may be made.

The plans are ambitious but within them we have been assured that the function of the stadium as Wales' national athletic stadium will continue and hopefully even be enhanced.

The club's operations will continue largely unchanged and we have the security of a lease of our club room that will not be affected by the changes without our consent.

The impression of the officials who met the college is that, overall, the planned changes are positive and to be welcomed. With goodwill between the club and the college we can build a good working relationship and look forward to the future with confidence.

Further meetings with the college and Welsh Athletics are planned as the detailed proposals are developed.

As presently envisaged, we should expect to see changes at the stadium over the course of the spring and summer and the new arrangements should be fully in place by the beginning of September.

Exciting times ahead.

## [Win for Owen](http://www.cardiffaac.org/news/winforowen.htm) Monday 16 March 2015

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

Cardiff's Owen Haswell, a medical student at Bangor University, won the inaugural 5k race at the Llandudno Running Festival yesterday, 15th March.

On Saturday, 14th, three Cardiff athletes were representing Wales in the home countries cross country international in Antrim, Northern Ireland. Ffion Price was the first Welsh athlete home in the senior ladies'race, in 24th place, while Ellie Atkinson and Ciaran Lewis were each the second Welsh athletes home and both in 20th place in the under 20 ladies' and men's races respectively.

## [Road Relay deadline](http://www.cardiffaac.org/news/roadrelaydeadline.htm) Wednesday 11 March 2015

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

The Welsh Road Relay Championships will be held on Sunday 22nd March in Ynysangharad Park, Pontypridd and the closing date for entries is TOMORROW, 12th March.

Cardiff always does well in these relays and, if you wish to run, you must contact your team manager TODAY so that club team entries can be made in time.

DO NOT LEAVE IT UNTIL TOMORROW.

Teams are made up of three or four runners depending on the age group.

The first race ( for under 11 boys) is at 12.30pm and the final race (for senior men, women and masters) is at 2.30pm.

**Team Managers are:**  
  
Senior and under 20 men: Alex Donald (07740 471 573)  
Senior and under 20 women: John Penny (07816 654 741)  
Junior boys up to under 17: Kay Chapman (07749 716 151)  
Junior girls up to under 17: Tracey Gammon (07795 098 053)

[**The course map and timetable can be seen HERE.**](http://www.cardiffaac.org/files/WA%20Road%20Relays%202015.pdf)

## [Relay champions](http://www.cardiffaac.org/news/relaychampions.htm) Tuesday 10 March 2015

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

Cardiff's under 13 and under 15 boys' and girls' teams produced great performances in the Welsh relay championships at the NIAC in Cardiff on Sunday last, 8th March.

Winning gold medals were the under 13 boys (Philip Grundy, Luca Logue-Fonseca, Bailee Wheadon and Carter Staples) and under 13 girls (Saffron Maurice, Marcy Webbe, Scarlet Russell and Holly Medina) whilst the under 15 boys (Thomas Britt, Henry Gauntlett, Josh Locke and Evander Lewis) and under 15 girls (Renee Moore, Lana Culliford, Eliza Hill and Isabel Breeden) won silver medals. The under 15  girls' B team (Silva Brindle, Ellie-May Stonehewer, Summer Alwood and Lily Gaskin) was the fourth fastest.

It was great to see Gareth Warburton back in action and winning the senior 800m in 1:52.48.

In the under 20 international, Cardiff AAC athletes produced several personal best performances.

Kebba Sandykhan ran the 60m in 7.00secs; Kristian Jones ran the 200m in 22.71; Gage Francis long jumped 6.43m; Sarah Omoregie put the shot 11.23m; and Eleni Zembafhi put the shot 11.01m.

Back with the relays, "AJ" Mohsin reports:

**Under 13 Boys**. – GOLD and 2015 4x200m Relay Welsh Champions!

It was Back To The Future for the Under 13 Boys as, not since the class of 2013, and the days of Britt/Hanson/Gibson and Kennett have we had a relay team to really get excited about! We do now!!!

Never troubled at any point of the race, the boys smashed it - from Gun to Tape!

Our secret weapon, Philip Grundy, shocked the rest of the field by giving the team a storming start. The recent Cardiff AAC transfer, and the South Wales 200m Champion, Philip, showing no signs of any nerves in his first relay race for Cardiff, left the others in his wake. So good was the first leg that, by the time Philip handed the baton over to Luca Logue-Fonseca, there was clear daylight back to the team in second. Luca was dynamite. The only year-6 to compete for Cardiff AAC on the day, Luca, still in primary school, took on the big boys! Racing against high school kids, he extended the lead given to him by Philip. They all know who Luca is now!

Waiting for the third leg was Bailee Wheadon! Bailee had a day that he will never forget! His day started by winning the 100m at Cardiff AAC's Super Sunday. He did not hesitate in saying 'yes' when asked if he would run the third leg, directly after his win in Leckwith. In his first ever competition in a Cardiff AAC vest, Bailee looked like a competition regular. His leg was decisive; he maintained the lead given to him by Philip and Luca. And that's all that Carter Staples needed in the fourth. The South Wales 60m Champion, Carter was in no mood to let this one go! Nobody was going to pass him. His final leg was run in 26.74s; an exceptional time for this age group.

Four fantastic sprinters, producing a run that ranks them number two in the UK and earned them a truly deserved Gold Medal.

A sensational start to the 2015 athletics season by the Under 13 Boys!

**Under 13 Girls** – GOLD and 2015 4x200m Relay Welsh Champions!

Having seen the boys get Gold a few minutes before, the girls were determined not to be outdone.

Like the Under 13 boys, the girls were looking to emulate the 2013 Relay team of Culliford/Tustin/Vella and Wadey.

Coming in as second favourites, the team was given the perfect start by Saffron Maurice. Fired up by her team mates, the hurdles specialist was determined to make sure that she would hand over the baton in the lead. As she came around the final bend, there was no one else in sight and Saffron had given the girls an extraordinary 4-5 metres lead. An impeccable change over to Marcy Webbe left no one in any doubt that the Under 13 girls meant business!

Marcy flew around the first bend and appeared to be moving away from the best that the rest had to offer. She maintained the lead given to her down the back straight around the final bend Marcy’s lead was such that the girls knew, by now, that the race was theirs to lose!

Scarlett Russell, who had earlier produced a great PB in the long jump at Super Sunday, was champing at the bit. The most experienced athlete in this quartet, Scarlet took the baton with a clear track in front of her and, knowing who was to come, she just had to stay ahead. That wasn’t enough for Scarlet, not today. Taking almost two seconds off her 200m time, she was increasing the team's lead with every stride.

Another great change over to Holly Medina and everyone from Cardiff AAC was on their feet. Holly, another fantastic recent addition to Cardiff, judged her leg to perfection and made sure that she had plenty left in the tank to withstand a late and spirited effort by Cardiff Archers to cut the gap. Like Carter in the boys race, Holly too was not letting anything go past her and crossed the line first. A great team performance, rewarded with a fantastic Gold for these girls.

**Under 15 Girls** – Team 1 - SILVER

A Cardiff team packed with regional and national champions, the under 15 girls proved that they can mix it with the very best. The team found itself up against a Cwmbran Team containing two athletes whose P.B.s currently rank them in the UK Top 10.

The Cardiff AAC quartet was given a great start by Renee Moore with a solid first leg, making sure the girls were in a very strong second place at the first change. Girls' team captain for the day, Lana Culliford, ran the second leg and produced the fastest split time of any of the Cardiff girls to consolidate second place. Using all her experience, Lana ran an excellent sub-27 second leg, making sure she would not allow the teams behind to close the gap.

On the third leg was the South Wales 60m Champion, Eliza Hill. In her first competitive relay race, Eliza made sure that the team pulled away from Cardiff Archers in third place; and inched the girls slightly closer to Cwmbran; an excellent change over from Eliza capping off a great relay début.

Waiting on the fourth leg was the Welsh 60m hurdles champion, Isabel Breeden. The gap to Cwmbran was a bit too much for the Welsh Champion to claw back but Isabel, who has been a great recent addition to Cardiff AAC, reduced the gap but, more importantly, ran a solid leg to keep Cardiff Archers at bay and secure the girls a well-deserved silver medal.

**Under 15 Girls**  -  Team 2

Such is the strength at this age group that, despite a couple of injuries to our recognised sprinters, such as Issie Tustin and Nia Grundy, plus a number of others with cross country commitments the day before, Cardiff was still able to field a second Under-15 girls' team.

On the first leg was the long jump Welsh Championship medallist, Silva Brindle. Despite her nerves, Silva gave the girls the start they needed. They had an outside chance of a medal and knew a fast start was a must.

On the second leg was the 2015 Welsh high jump Champion, Ellie-May Stonehewer! Not known for sprinting over this distance, Ellie looked at home as she took the baton from fellow jumps specialist Silva.

The two jumpers then handed the baton over to Summer Allwood who has shown steady progress under the superb coaching of Gwyn and Garry Jones. After seeing team mate Eliza in the previous heat, Summer appeared to enjoy running as part of a very talented relay Team.

Bringing Team 2 home was Lily Gaskin. Lily who, without doubt, should challenge for a place in the A relay team this season, was the fastest athlete of any team in this heat, and it showed.

The overall time was to prove just outside the medals but a very good fourth place showed how strong the sprinters are in this age group. A great team spirit amongst the girls in this age group ensures that 2015 is going to be a great year for the Under-15 girls.

**Under 15 Boys** - SILVER

Led by the boys' team captain, and the recent double Welsh champion, Thomas Britt, the Under 15 Boys surpassed all expectations. Tom led from the front, taking the baton in the first leg and having seen Cardiff Archers produce a stadium record in the previous heat seemed to spur these boys on.

With many names not familiar to the rest of the team, their determination almost produced a major upset. Tom gave the boys a perfect opening leg. They knew it had to be good and it was. A near perfect hand over gave Henry Gauntlett the platform he needed to be at his best. The Under 13 javelin Welsh champion showed that he is no slouch when it comes to taking on the sprinters, most of whom were a year older. Taking around a second off his 200m best, he kept the boys' chance alive.

Henry was to hand over Josh Locke. Josh, like Bailee in the Under 13s, started his day in Leckwith’s Super Sunday competition. In Leckwith, he had tied for first place in the 100m with none other than the boys' team captain. Also in his first ever competition in a Cardiff AAC vest, Josh looked like he belongs on this stage. His sub-26 second split time would rank him in the top five in Wales currently. It was just the injection that this quartet needed to give themselves an improbable and highly unexpected win.

Bringing the team home, double South Wales champion Evander Lewis. Evander took over the baton still believing the Gold was theirs to win. Flying through the back straight and the final bend, Evander seemed to be going faster with each stride. All eyes were on the clock as he powered his way through the finish line. The clock stopping an agonising 0.85 seconds away from the fastest time. In other words, it took a stadium record to prevent the boys getting the win.

Performing above and beyond all expectations, they came away with the silver medal to add to Cardiff AAC's unmatched haul of medals.

On the back of a superb indoor season and great performances in the cross country, 2015 is shaping up to be an extremely exciting one, with Cardiff AAC looking forward to a great summer, and a chance to show off these awesome young athletes… Well done “Team Cardiff AAC”.

Many thanks also to AJ for providing this report and for organising the teams.

[**Garry Jones has taken some great photographs which can be seen HERE.**](https://www.flickr.com/photos/91028819@N07/sets/72157651247060545/)

[**The full results of the relays and the international match can be seen HERE.**](http://www.cardiffaac.org/files/WA%20indoor%20int%20and%20relays%202015.pdf)

## [Cross Country Champions](http://www.cardiffaac.org/news/crosscountrychampions.htm) Wednesday 4 March 2015

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

Cardiff’s junior cross country runners have covered themselves in glory once again by being awarded the George Crump Trophy for the top junior club in the Gwent Cross Country League for the second year running.

132 athletes (61 girls and 71 boys) competed in the series and Cardiff AAC won team gold medals in the under 15 boys, under 20 men and under 20 women; and team silver medals in the under 15 girls and under 17 women.  The club’s strength in depth in the under 20 men was shown by the ‘B’ team in this age group picking up the silver medal and the ‘C’ team finishing 4th.

**We also had the following individual medalists:**

**Under 15 Girls:** Naomi Reid (3rd) and Abi Fisher (4th).

**Under 20 Women:** Kate Seary (3rd).

**Under 20 Men:** Ciaran Lewis (1st), John Cove (2nd) and Matthew Edwards (3rd).

**Of the 132 athletes that competed, the following 13 athletes competed in all four fixtures.**

**Under 11 Girls:**  Jemima Robinson; Alicia Boughton.

**Under 11 Boys:** Michael Bruce.

**Under 13 Girls:** Sioned Kennedy-Wallwork; Bethany Gold; Caitlin Chapman

**Under 13 Boys:** Ben Smith; Dylan Garrett; Iwan Smith; Caerwyn Phillips; Sean Edmiston-Lane.

**Under 17 Men:** Sam Curwen.

**Under 20 Men:** Ciaran Lewis.

These athletes will be receiving awards for completing all four fixtures along with all the under 11 athletes that competed in at least 1 fixture this season.  They are;

**Girls:** Sara John; Moli Watts; Eden Rae Davies; Megan Hastings; Evie Wong; Elen James; Casey Garland; Lily Gregson; Xantia Hobrough; Georgina Cole.

**Boys** – Henry Spencer; Ben Vincent; Ieuan Thomas; Patrick Amey-Jones; Charlie Russell; Harvey Powell; Iwan Lock; Dylan Park; David Constantine; Solomon Maghur;  Edward Lawrence.

Well done to everyone that represented Cardiff AAC in the 2014/15 Gwent Cross Country League season – you all contributed to a very successful season.

Thanks also to the team managers and others who encouraged and supported these athletes.

## [Weekend round-up](http://www.cardiffaac.org/news/weekendroundupz.htm) Monday 2 March 2015

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

With Sunday's final Gwent League in Aberdare cancelled because of the condition of the course, other Cardiff athletes had been flying the flag elsewhere.

Several athletes travelled to Sheffield for the England Athletics under 17 and under 20 championships and Amelia Reynolds returned home with the bronze medal in the under 17 women's 200m.

In the Swansea open indoor meeting, Jasper Hawkins (U17 pole vault), Thomas Hanson (U17 shot put) and Jordan Fender (U17 long jump) were all winners. Mike Kallenberg was 10th in the Bath half marathon.

Also in Sheffield, Melissa Roberts was fourth in the under 20 women's 200m, Lauren Evans was fifth in the under 17 women's high jump (as well as running a personal best in the 60m hurdles), Megan Hodgson was fifth in the under 15 girls' pole vault and Jake Dawkins was 8th in the under 20 men's 60m.

## [David Omoregie in GB team](http://www.cardiffaac.org/news/davidomoregieingbeuroteam.htm) Wednesday 25 February 2015

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

Cardiff's David Omoregie has been selected for the Great Britain team to take part in the European Indoor Championships in Prague from 5-8 March, where he will contest the 60m hurdles alongside Lawrence Clarke.

This will be David's first senior major championship and we wish him every success.

David is joined in the team by fellow Welsh athletes Rachel Johncock, Seren Bundy-Davies and Laura Maddox.

## [More world records for Aled](http://www.cardiffaac.org/news/moreworldrecordsforaled.htm) Tuesday 24 February 2015

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

Competing at the International Paralympic Committee (IPC) Grand Prix in Dubai, Aled Davies has broken his own F42/44 world records in both the discus throw (with 48.87m) and shot put (with 15.92m). Under coach Ryan Spencer Jones, it is surely only a matter of time before Aled breaks the 16m mark in the shot put, putting him on equal terms with able bodied throwers.

Meanwhile, at the BUCS indoor championships in Sheffield last weekend, Cardiff's Rowan Axe won the 3000m title, with Jonathan Hopkins in third, and Rebecca Chapman took gold in the long jump and 6th in the 60m.

Other Cardiff performers at the BUCS championships included Marvin Bheka and Richard Tremblen (5th and 6th respectively in the 60m final), Matthew Edwards (5th in the 1500m) and Lucy Griffiths (also coached by Ryan Spencer Jones) who was 6th in the shot put.

For those who are not familiar with the IPC classification system, Aled's F42/44 relates to athletes who have leg impairments (such as, but not only, amputations). Aled was born with a deficiency of his right leg.

## [Final chance of medals](http://www.cardiffaac.org/news/finalchanceofmedals.htm) Monday 23 February 2015

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

With the cross country season slowly coming to an end, the fifth and final round of the Gwent Cross Country League will take place in Aberdare on Sunday next 1st March.

With plenty of opportunities still available to clinch individual and team medals, a strong Cardiff turnout can make it a special St David's Day.

The first event is the novice boys' race at 12.00 and the afternoon concludes at 2.00 with the senior men's race.

[The course and race timetable can be seen HERE.](http://www.cardiffaac.org/files/Gwent%20Lg%20Aberdare%20course%20and%20timetable.pdf)

Please inform your team manager in good time as to whether you will be competing.

## [Team and individual golds](http://www.cardiffaac.org/news/welshcrosscountrychampionships.htm) Sunday 22 February 2015

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

Cardiff's under 15 girls travelled to Corwen in North Wales yesterday for the Welsh Cross Country Championships and returned with the individual and team gold medals.

Consistent Abi Fisher was the individual gold medallist and was followed home by Naomi Reid (3rd), Annwen Gammon (13th) and Jessica Wadey (14th).   
  
The senior women's and under 23 women's races were combined and Ffion Price (pictured) was a clear winner in both age groups.

A team silver medal was won by the under 15 boys - Rhys Jones (5th), James Vincent (6th), Morgan James (11th) and Alfie Davies (14th).

Cardiff's other medallists were Sofia Vella (under 13 girls - silver), Bethan Evans (under 17 women - bronze), Ciaran Lewis (under 20 men - bronze) and Ryan Edwards (primary year 6 boys - bronze).

Other notable performances came from Daniel John (under 13 boys - 5th), Jac Smith (under 17 men - 11th) and Lili Jones (primary year 6 girls - 8th).

The full results can be seen [**HERE.**](http://www.cardiffaac.org/files/WXCCH%202015.pdf)

Comparing the results with those from 2014, it seems clear that fewer athletes were willing to make the journey to North Wales and finishing numbers were down in almost all age groups. Particularly disappointing for Cardiff was the fact that not one senior man took part and only one senior woman (although she was the winner). Can anyone explain this?

## [Indoor successes](http://www.cardiffaac.org/news/indoorsuccesses.htm) Monday 16 February 2015

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

Cardiff athletes were involved in British and Welsh indoor championships over the weekend and came away with medals and personal bests.

In NIAC at the Welsh under 20 and under 15 championships, Cardiff athletes had a very successful two days whilst, at the British championships in Sheffield, David Omoregie set a new personal best in the 60m hurdles and went on to take the silver medal.

And F42 shot putter Aled Davies registered a big improvement on his own world record, increasing the mark from 15.56m to 15.93m

In Sheffield, both Sam Gordon and Dewi Hammond reached the final of the 60m, with Sam finishing 7th. Dewi withdrew from the final. Lemarl Freckleton set a personal best of 21.73 on his way to the final of the 200m where he finished 6th.

Cardiff AAC successes came thick and fast at the Welsh championships in Cardiff with Thomas Britt (under 15) winning both the 60m hurdles and the long jump (not to mention third in the shot put which was won by Thomas Hanson).

In the under 15 girls' events, Abi Fisher continued her run of good form to win the 1500m with Sofia Vella third. Sofia was also third innthe 800m behind winner Annwen Gammon.

A string of successes for the under 20 men saw Kebba Saidykhan win the 60m with Jake Dawkins seond while Jake won the 200m with Kristian Jones second. There was a Cardiff 1-2 in both the 800m (Nick Jones and Ieuan Handley) and 1500m (15 year old Jake Heyward and Jack Gooch). In the field events, multi-eventer Ryan Grimwade set a big personal best to win the pole vault with 4.15 and followed with very creditable attempts at 4.31m. He also set a personal best in the long jump won by Gage Francis who was also third in the triple jump.

**Ryan Grimwade**

For the ladies, Lauren Evans (competing with the men) won the high jump with 1.60m and Lois Hillman was third in the pole vault.

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

**Under 15 boys:**  
Gold: Thomas Britt (60mH & long jump); Thomas Hanson (shot put).  
Bronze: Thomas Atkinson (60mH); Thomas Britt (shot put).

**Under 15 girls:**  
**Gold:** Annwen Gammon (800m); Abi Fisher (1500m); Renee Moore (60mH); Ellie Sonehewer (high jump); Megan Hodgson (pole vault).  
**Silver:** Thea Willis (shot put).  
**Bronze:** Sofia Vella (800m & 1500m).

**Under 20 men:**  
**Gold:** Kebba Saidykhan (60m); Jake Dawkins (200m); Nick Jones (800m); Jake Heyward (1500m); Ryan Grimwade (pole vault); Gage Francis (long jump); Adrian Lawrence (triple jump).  
**Silver:** Jake Dawkins (60m); Kristian Jones (200m); Ryan James (400m); Ieuan Handley (800m); Jack Gooch (1500m).  
**Bronze:** Jasper Hawkins (pole vault); Gage Francis (triple jump).

**Under 20 women:**  
**Gold:** Lauren Evans (high jump).  
**Bronze:** Lois Hillman (pole vault).

The Welsh championship results can be seen [**HERE.**](http://www.cardiffaac.org/files/WA%20u20%20u15%20indoor%20ch%202015.pdf)

The British championship results can be found [**HERE.**](http://www.britishathletics.org.uk/british-athletics-series/sainsburys-indoor-british-champs/athlete-information/)

## [Schools XC successes](http://www.cardiffaac.org/news/schoolsxcsuccesses.htm) Friday 13 February 2015

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

Cardiff athletes were successful at the Welsh Schools' cross country championships held in Brecon on Wednesday, 11th February.

Winning their age groups were Jake Heyward (middle boys) and Abi Fisher (junior girls), following her excellent second at Milton Keynes the previous Saturday.

Other prominent successes included Ellie Atkinson (second in the senior girls' race), Annwen Gammon (junior girls - 4th), Naomi Reid (middle girls - 4th), Morgan James (junior boys - 4th), Daniel John (junior boys - 6th), Rhys Jones (middle boys - 6th), Bethan Evans (middle girls - 7th), Kiara Frizelle (junior girls - 8th) and Sofia Vella (junior girls - 9th).

The full provisional results can be seen [**HERE.**](http://www.cardiffaac.org/files/W%20Sch%20XC%202015.pdf)

## [Entry deadline on Monday](http://www.cardiffaac.org/news/entrydeadlineonmondaynext.htm) Tuesday 10 February 2015

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

The deadline for entries to the 2015 Welsh Cross Country Champoionships is next Monday, 16th February.

The championships will be held at the Rhug Estate, Corwen, North Wales on Saturday 21st February with the first event, for Primary Year 5 athletes, at 11.00, the under 13 boys at 12 noon and the final event, for senior men, at 2.15pm.

With the cross country season gradually coming to an end, this is an opportunity for championships medals.

Full details of the event, including timetable, course map and entry procedures can be founmd on the Welsh Athletics website [**HERE.**](http://www.welshathletics.org/competitions/events/cross-country/2015/02-feb/welsh-cross-country-championships---corwen.aspx)

Alternatively, ask your coach or one of the club's cross country team managers for further information.

## [Weekend roundup](http://www.cardiffaac.org/news/perfectdayforcrosscountry.htm) Sunday 8 February 2015

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

The fourth round of this season's Gwent League was held today at Blaise Castle, Bristol. With a clear blue sky, no rain but cold and soft underfoot, conditions could hardly have been better.

Amongst the best performers for Cardiff were Ciaran Lewis (a clear winner of the under 20 men's race), Jessica Hegart (second in the under 20 women's race) and Ffion Price (third in the senior women's race).

Athletes of the day were Ciaran for the huge lead he built up and Martha Barry for the massive improvement she made in the under 13 girls' race.

**The best performances by Cardiff AAC athletes were:**

**Under 11 girls:** Jemima Robinson (22nd).  
**Under 11 boys:** Patrick Amey-Jones (60th).  
**Under 13 girls:** Martha Barry (25th).  
**Under 13 boys:** Ben Smith (20th).  
**Under 15 girls:** Kiara Frizelle (4th).  
**Under 17 women:** Katharine Steggles (4th).  
**Under 17 men:** Sam Curwen (19th).  
**Under 20 women:** Jessica Hegarty (2nd).  
**Under 20 men:** Ciaran Lewis (1st)  
**Senior Women:** Ffion Price (3rd).

Despite good performances from those athletes that made the journey to Bristol, Cardiff vests were thin on the ground, with NO athletes in either the under 15 boys race or the senior men's. Notwithstanding the upcoming Welsh schools championships on Wednesday next, an indoor meeting in Cardiff and the British Cross Challenge in Milton Keynes the previous day, the low turnout was surprising.

Well done to all those who ran in Bristol and thanks to the team managers as well as Ffion Price, Peter and Jill Burnell who helped with the club tent.

The full results will be available on the Gwent League website shortly.

At the Birmingham Games indoor competition on Saturday, 7th February, new recruit Owen Smith set a new personal best of 47.51 for 400m.

**At the indoor GP event at the NIAC, Cardiff, several Cardiff athletes produced winning performances.**

In the men's 60m final 1, Lemarl Freckleton was the winner in a time of 7.01 secs which equals his personal best. Ryan Grimwade won the high jump with a personal best clearance of 1.80m, Rebecca Chapman won the women's 60m final 1 with 7.60, Samantha Gamble won the final 2 with 8.15 and Rhiannon Linington-Payne won the women's 400m with 57.00 secs.

The full results can be seen [**HERE.**](http://www.cardiffaac.org/files/Indoor%20GP%20Feb%202015.pdf)

## [Cardiff girls excel](http://www.cardiffaac.org/news/cardiffgirlsexcel.htm) Saturday 7 February 2015

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

At the British Cross Challenge held at Milton Keynes today, Cardiff's younger girls produced some excellent performances.   
  
After her fourth place at the Cardiff Cross Challenge in January, Abi Fisher improved to an outstanding second place at Milton Keynes in the under 15 age group.

In the same race, Naomi Reid was sixth and Annwen Gammon ninth, giving Cardiff three athletes in the first ten.

In the under 13 girls race, Sofia Vella was seventh, another excellent run by her.

The final of the series will be held in Birmingham in March.

## [National record for Charlotte](http://www.cardiffaac.org/news/nationalrecordforcharlotte.htm) Friday 6 February 2015

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

Cardiff's sprinter Charlotte Wingfield clocked 7.60 seconds in her heat of the senior women's 60m at the recent Welsh indoor championships, a time which equalled the National Indoor Record of Malta, her country of birth.

Charlotte (20), who is coached by Matt Elias, has dual Maltese/British nationality and is planning to visit Malta in March to join the Maltese female national team on a training camp in preparation for the forthcoming GSSE and European Games.

Congratulations Charlotte.

## [Gwent League 4](http://www.cardiffaac.org/news/gwentleague4.htm) Monday 2 February 2015

[](http://www.cardiffaac.org/news/gwentleague4.htm)

The fourth Gwent League Cross Country match is on Sunday next February 8th at Blaise Castle in Bristol. The course is relatively flat so will be another easy course for everyone to have a go at.

Cardiff AAC is leading the team scores for under 15 boys, under 20 men and under 17 women and is well placed in most of the other age groups so a good turn out on Sunday will help to consolidate or improve these positions before the final round of the season.

The first race (under 15 girls) is at 11.45 and the last race (senior men) is at 2.10pm. Click [**HERE**](http://www.cardiffaac.org/files/Gwent%20Lg%20Blaise%20Castle%202015.pdf) for a map of the course and timetable and [**HERE**](http://www.cardiffaac.org/files/Directions%20to%20Blaise%20Castle.pdf) for directions to Blaise Castle. We recommend that you print these and bring them with you.

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

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. You must wear a Cardiff AAC competition vest and have 12mm spikes in your running shoes. You will need to 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 your team manager 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.

The final round will be on 1st March at Aberdare.

## [BUCS Cross & Indoors](http://www.cardiffaac.org/news/bucscrosscountryandindoors.htm) Sunday 1 February 2015

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

Cardiff athletes made their marks yesterday, 31st January, both indoors and over the country.

At the BUCS (universities) cross country championships in Brighton, Jonathan Hopkins (representing Cardiff Met) was the best performer, finishing 12th out of a field of 314 in the A race. Next home was Rowan Axe (St Mary's) in 33rd followed closely by Matthew Edwards (Cardiff Met) in 38th. Owen Haswell (Bangor) was 134th.

In the women's race, Emily Brown (Cardiff Met) was 88th out of 497.

Meanwhile, at the Vienna indoor international meeting, Dewi Hammond was second in the 60m final with Sam Gordon third, both clocking the same time 6.73. This was a personal best for Sam but Dewi had also set a big personal best of 6.70 in his heat. This puts Dewi second on the current UK indoor rankings for 2015 and Sam 4th.

Rebecca Chapman was second in the long jump with 5.74m 4th in heat one of the 60m (7.67)  and Melissa Roberts was 5th in heat two of the 60m in 7.64. Amelia Reynolds was first in heat 4 of the 60m with 7.82.

In another European indoor meeting, today, Sunday, in Kartlsruhe, Germany, David Omoregie set a new personal best of 7.73 for the 60m hurdles in his quest for the qualifying time for the British team for the European Indoor Championships in Prague in March.

## [Grants to Cardiff athletes](http://www.cardiffaac.org/news/grantstocardiffathletes.htm) Wednesday 28 January 2015

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

Four of Cardiff's most promising young athletes have been awarded grants from the Ron Pckering Memorial Fund to help them with their athletic careers.

Jake Heyward (15 - 800m), Ryan James (17 - hurdles), Jac Palmer (18 - hammer) and Paul Bennet (21 - hurdles) are the recipients this year but Cardiff athletes regularly feature in the awards lists.

Advice on how and when to apply for grants is available on the Fund's website [www.rpmf.org.uk/](http://www.rpmf.org.uk/).

The Fund weas established following Ron Pickering's death in 1991 and has distributed over one and a half million pounds to promising young athletes since then.

Ron Pickering was Welsh National Athletics Coach and guided Lynn Davies to his Olympic Gold medal in the long jump in 1964. He went on to be a leading television commentator and advocate of fair play in sport.

His wife Jean spear-headed the fund until her death in 2013.

Cardiff AAC life members Lynn Davies and John Lister are trustees of the Fund.

## [Aled and James star](http://www.cardiffaac.org/news/aledandjamesstar.htm) Sunday 25 January 2015

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

A world record and two clean sweeps of medals marked an excellent two days of the Welsh Indoor Championships for Cardiff AAC this weekend, 24/25 January.

Aled Sion Davies, now coached by Ryan Spencer Jones, improved on his own world F42 world record with a throw of 15.56m to take the bronze medal in the senior men's shot put.

Meanwhile, Cardiff's Athlete of the Month for December, James Vincent, took three individual medals, winning the under 17 men's high jump with an outstanding personal best clearance of 1.81m and taking silver medals in the 800m and 1500m. As James grows taller, which is he going to choose as his speciality event?

James also contributed to a clean sweep of medals in the under 17 men's 800m (won in convincing style by Jake Heyward with Joseph Alder third).

There was a clean sweep also in the under 17 men's pole vault with the gold medal going to Rhodri Davies with Jasper Hawkins taking silver and Kieran Grimwade bronze.

It was good to see Harry Hillman back competing after his shoulder injury and winning the under 17 men's 60m hurdles.

Other gold medallists were Rebecca Chapman (SW Long Jump); Kebba Sandykhan (U17M 60m), Amelia Reynolds (U17W 60m), Sam Gordon (SM 60m),Sarah Omoregie (U17W Shot Put), Matthew Edwards (SM 1500m), Melissa Roberts (SW 200m), Lauren Evans (U17W high jump).

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

**Gold:**Senior Men: Sam Gordon (60m); Matthew Edwards (1500m).    
Senior Women: Melissa Roberts (200m); Rebecca Chapman (Long Jump).    
Under 17 Men: Jake Heyward (800m); Kebba Sandykhan (60m); Harry Hillman (60m Hurdles); James Vincent (High Jump); Rhodri Davies (Pole Vault).    
Under 17 Women: Amelia Reynolds (60m); Sarah Omoregie (Shot Put); Lauren Evans (High Jump).    
 **Silver:**   
Senior Men: Anax Da Silva (60m);  Carl Hill (1500m); Ryan James (200m); Aled Davies (Shot Put).    
Senior Women: Lucy Griffiths (Shot Put).   
Under 17 Men: James Vincent (800m & 1500m); Jasper Hawkins (Pole Vault).   
Under 17 Women: Naomi Reid (800m); Megan Hodgson (Pole Vault).   
Under 13 Boys: Ben Vincent (Long Jump).  
  
**Bronze:**   
Senior Men: Alex Coomber (800m); James McGuire (Long Jump); Kevin Burk (Shot Put).    
Senior Women: Charlotte Wingfield (60m): Rhiannon Linington-Payne (400m); Charlotte Gaughan (1500m).    
Under 17 Men: Joseph Alder (800m); Aeron Evans (1500m); Kieran Grimwade (Pole Vault).    
Under 17 Women: Lauren Evans (60m Hurdles); Naomi Reid (1500m).  
  
The full results can be viewed [**HERE.**](http://welshresults.athletics-uk.org/)

## [pb's for vaulters](http://www.cardiffaac.org/news/pbsforvaulters.htm) Friday 23 January 2015

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

While, on Sunday last, 18th January, the runners were contesting the Cardiff Cross Challenge, indoors at the NIAC personal bests were being set in the Vault Cardiff series.

Jasper Hawkins (16) cleared 3.01m, Meg Hodgson (14) cleared 3.01m and Lois Hillman (also only 14) cleared 2.51m.

Also narrowly missing personal bests were versatile Ryan Grimwade (17) with 4.01m, brother Kieran (15) with 2.51m and Rhodri Davies (15) with 3.71m.

It is very encouraging that these young athletes are doing so well in this challenging but exciting event and we wish them every success.

The Welsh indoor championships are being held this weekend and we can expect to see them in action again.

Good luck.

## [Cardiff Cross Challenge](http://www.cardiffaac.org/news/cardiffcrosschallengex.htm) Thursday 22 January 2015

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

With plenty of Cardiff athletes entered, this year's British Athletics Cardiff Cross Challenge, held last Sunday 18th January and now in its 18th year, lived up to its reputation as a quality event.

With strong fields in all age groups, the best Cardiff performances came from Jonathan Hopkins (4th in the senior men's race), Rhys Jones (4th in the under 15 boys) and Abi Fisher (also 4th in the under 15 girls).

Jessica Hegarty was 8th in the under 20 women, Mike Kallenberg was 9th in the senior men and Ffion Price was 12th in the senior women.

**Other Cardiff performances were:**

Senior Women: Emily Brown (15th).

Senior Men: Matthew Edwards (22nd); Owen Haswell (39th).

Under 20 Men: Ciaran Lewis (14th); James Hunt (15th); Dafydd George (18th); Nick Jones (19th); Nasir Musa (20th).

Under 20 Women: Erin Hayes (13th); Alice Broadley (15th); Anna Lawson (17th).

Under 17 Men: James Vincent (13th); Jac Smith (18th); Henry Payne (50th).

Under 17 Women: Emily Griffin (16th).

Under 15 Boys: Daniel John (23rd).

Under 15 Girls: Jessica Wadey (10th); Sofia Vella (16th); Kiara Frizelle (18th).

Under 13 Girls: Emily Chirighin (21st).

The full results can be found [**HERE.**](https://cardiffxchallenge.wordpress.com/previous-winners/)

## [GB senior debut for David](http://www.cardiffaac.org/news/gbseniordebutfordavid.htm) Wednesday 21 January 2015

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

Cardiff's and Wales' latest hurdles star David Omoregie will represent the Great Britain senior team for the first time at the Sainsbury’s Glasgow International Match on Saturday next, 24 January.

David (who only turned 19 in November) won bronze at last year's World Junior Championships in America and is currently leading the UK indoor senior rankings for 60m hurdles with the 7.87 seconds he recorded last weekend in Cardiff.

This will surely be the first of many GB international representations that will come David's way and we wish him every success.

## [Welcome back](http://www.cardiffaac.org/news/welcomeback.htm) Monday 19 January 2015

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

It's been the longest and hardest six months of their lives but now it is over and they can get back to normal.

Cardiff's international athletes Gareth Warburton and Rhys Williams were shocked when routine doping control samples given last summer turned out to contain minute quantities of banned substances. They had both been tested many times before and had always been clear.

Now, an enquiry panel has ruled that neither athlete took the substances deliberately but that they had been in contaminated food supplements of the kinds that many athletes take regularly without any problems. They were unlucky and were not cheats.

Both Gareth and Rhys have been important members of Cardiff AAC for many years and the club was convinced of their innocence from the beginning. They have both expressed their gratitude for the support that they received from the club as well as from many others.

The procedure is that the athletes had to demonstrate to an independent panel that they had not taken the banned substances deliberately and this involved extensive laboratory testing of the supplements to find out which one was the culprit. This they were able to do successfully but the whole process has been very costly to both of them, both literally and metaphorically. Both Gareth and Rhys were unable to represent Wales in last year's Commonwelth Games and Rhys was unable to defend his European Championship title.

Despite the panel deciding that there was no deliberate intent, nevertheless both athletes were given suspensions; four months for Rhys and six for Gareth (the circumstances of each athlete were very slightly different), back dated to the dates of the test results last July. Both periods are now over and they can now put the nightmare behind them and concentrate on training for another season.

Rhys says that his and Gareth's experiences are a warning to all athletes. He says, "my message is that if it can happen to me, it can happen to anyone. Don't take supplements. Look what happened to me because I bet most athletes don't do half the checks that I did."

Gareth said that, "they've been the hardest six months of my life, being stopped doing the thing I love. The rules are in place to catch people who cheat. We are responsible for what is in our bodies; the only way to be 100 per cent safe is not to take them [supplements]."

Cardiff AAC is delighted to welcome Gareth and Rhys back to normality and wish them both the very best for the future.

## [Bryony helps out](http://www.cardiffaac.org/news/bryonyhelpsout.htm) Friday 16 January 2015

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

Cardiff's club pole vault record holder Bryony Raine has joined a scheme promoted by Sport Wales to help schoolchildren to maximise their physical and all round development.

The idea of the scheme, called "Passing the Baton", is that experienced sportsmen and women will visit schools to talk to to pupils about their own backgrounds and how physical fitness can contribute to improved learning and life skills.

After attending the scheme's induction days, Bryony said that it had been very important in helping her to become an athlete mentor and that, "it has shown me the endless ways in which our individual journeys through sport can be used as a catalyst to help young people achieve their personal best in life".

Well done Bryony.

[**Curtis in GB team**](http://www.cardiffaac.org/news/curtisingbteam.htm) **Wednesday 14 January 2015**

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

Cardiff's Curtis Matthew has been included in a senior men's team of four to represent Great Britain in the Combined Events International Indoor Match Apeldoorn, Netherlands over the weekend of the 24-25 January.

Curtis, who was one of the Welsh successes at the Glasgow Commonwealth Games, will be joined by fellow Welshman Ben Gregory, who won the UK title in Sheffield last weekend. Curtis gave the Sheffield event a miss.

Good luck to Curtis and Ben.

## [World record and champions](http://www.cardiffaac.org/news/worldrecordandchampions.htm) Monday 12 January 2015

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

Cardiff athletes marked up some excellent new year performances at yesterday's indoor Grand Prix and Welsh 3000m championships, held in the NIAC, Cardiff.

The outstanding performance of the day was paralympian Aled Sion Davies' world indoor record of 15.53m in the category F42 shot put.

David Omoregie went to the top of the 2015 UK indoor rankings for the 60m hurdles with 7.87seconds and Jessica Wadey (U15 girls) and Jack Gooch (U20 men) became Welsh indoor champions over 3000m.

Aled already holds the outdoor record of 15.13m and was delighted with his early season progress under new coach Ryan Spencer Jones.

Other 3000m championship results saw silver medals for Rhys Jones (U17 men), Sofia Vella (U15 girls) and Charlotte Gaughan (senior women) and bronze for Rhys Morgan (U15 boys) and Ciaran Lewis (U20 men). Owen Haswell took the silver medal in the senior men's 3000m.

In the open Cardiff Met Grand Prix, Lauren Evans won with 1.60m and is 5th in the UK rankings for under under 17; Becca Chapman won the long jump with 6.06m as well as heat 2 of the final of the 60m. Iori Moore had matched Becca's performance, winning heat 2 of the men's final.

In the men's 1500, heat 1, Tom Marley and Matthew Edwards were second and third respectively while Lucy Griffiths won the senior women's shot put.

The remainder of the Welsh Indoor championships will be held on 24th and 25th January.

The full results from yesterday can be seen [**HERE.**](http://www.cardiffaac.org/files/Indoor%20GP!%20and%20WCH%202015.pdf)

## [Harry Hillman - Olympic Champion](http://www.cardiffaac.org/news/harryhillmanolympicchampion.htm) Thursday 8 January 2015

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

No, it's not our Harry Hillman (at least, not yet) - who is still recovering from a bad fall (get back soon Harry) - but an American athlete who won three gold medals in the 1904 Olympic Games in St Louis, Missouri, USA.

He went on to compete in the 1906 Games in Athens and those in London in 1908.

Harry was quite an athlete and his medals in 1904 were won, all in Olympic record times, in the 200m, 400m and 400m hurdles.

He was also an exponent of the three legged race and set a world record for the 100yards.

In 1906 he could manage only 5th in the 400m but this was perhaps understandable as, during the sea journey to Greece, he and other athletes were badly injured when a huge wave swept over their ship.

In 1908 in London he won the silver medal in the 400m hurdles.

As a coach Harry Hillman advised hurdlers (why only hurdlers is not explained) to swallow raw eggs as he believed they were "excellent for the wind and stomach"

Before giving up competing to become a coach (he was coach to several USA Olympic teams), he teamed up with another athlete, Lawson Robertson, and set a record that has never been beaten - 11.00 seconds over 100 yards in a three legged race.

In fact, he wrote an instructional article on the three legged race, going into detail about the skill involved as well as the official way in which the legs should be strapped together (in two places - around the ankles and the thighs by leather straps in specified manner).



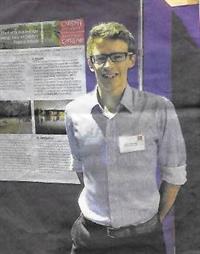
Believe it or not, this pair was in the process of setting a world record for the 24 hours three legged race.

It is amusing to compare these ideas with the greater knowledge that we have now but there were some outstanding athletes in those days who would undoubtedly hold their own with modern athletes had they the same training and coaching opportunities. Just imagine how good, even now, 11 secs for a three legged run over 100 yards is. If you are not sure, try it.

Quite an athlete.

Also bear in mind that the time when Harry was competing seems ancient history to us BUT our club was originally formed in 1882, well before even the original Harry Hillman first tried athletics.

## [Owen makes his name](http://www.cardiffaac.org/news/owenmakeshisname.htm) Tuesday 6 January 2015

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

Cardiff AAC athlete Owen Haswell, a medical student currently at Bangor University, has made a name for himself by having a research paper published in The Lancet, the world-renowned journal of the medical profession which usually includes only work by leading medical experts.

Owen had researched the impact of the change from summer to winter time on the levels of physical activity carried out and discovered that there was a big drop once the clocks went back in October.

Owen produced this paper during his third year at Cardiff University and it was taken up and published by The Lancet. He has since been invited to present his work to conferences in Cardiff and Edinburgh.

Owen (21), from Penarth, is a middle distance runner and coached by Arwyn Davies. He has represented Cardiff AAC in the club's British League team but fitting in training with medical studies is not easy.

He is obviously proud of his work and believes that being featured in The Lancet will enhance his job prospects. He comments that "exercising outdoors is the single best thing people can do to gain health benefits". And he is obviously practising what he preaches.

## [Indoors - Days 1&2](http://www.cardiffaac.org/news/indoorsday1.htm) Monday 5 January 2015

[](http://www.cardiffaac.org/news/indoorsday1.htm)

After finishing 2014 on a high note at the Nos Galan races, Cardiff AAC athletes got 2015 off to a great start at the South and East Wales indoor championships held at the NIAC in Cardiff Saturday and yesterday, 3rd and 4th January.

A second day had been added to the championships to cope with the high number of entries and Cardiff athletes finished the day with numerous medals, including clean sweeps of gold, silver and bronze in the under 17 men's 1500m, in the under 17 women's 60m, the under 13 boys' 60m and the under 17 men's pole vault.

Individual multi-gold medallists were Evander Lewis (U15 boys 60m & 200m); Thomas Britt (U15 boys shot put, long jump & 60m hurdles); Jessica Wadey (U15 girls 300m, 800m & 1500m); James Vincent (U17 men 800m & high jump); Jordan Fender (U17 men shot put, long jump & 60m hurdles); Lauren Evans (U17 women high jump, long jump & 60m hurdles).

**Individual Medallists (all South Wales except as noted) were as follows:**

**Under 13 boys: Gold:** Carter Staples (60m); Philip Grundy (200m); Michael Bruce (high jump); Luca Logue-Fonseca (long jump); **Silver:** Luca Logue-Fonseca (60m & 200m); James Brindle (shot put); Harri Hawkins (60m hurdles). **Bronze:** Philip Grundy (60m); Carwyn Hastings (1500m & long jump).

**Under 13 girls:** **Gold:** Holly Medina (60m); Lily Gregson (high jump); Cassie Grimwade (shot put). **Silver:** Emily Chirighin (1500m); Emma Fitzherbert (shot put); Saffron Maurice (60m hurdles).  **Bronze:** Madison Jones (60m).

**Under 15 boys:** **Gold:** Evander Lewis (60m & 200m); Ryan Lane 300m); Thomas Atkinson (60m hurdles);  Thomas Britt (shot put & 60mH & long jump- East Wales). **Silver:** Thomas Atkinson (60m); Daniel John (200m); Jonathan Gibson (high jump & long jump); Huw Jones (300m). **Bronze:** Caerwyn Phillips (shot put); Seth Kelly (800m).

**Under 15 girls:** **Gold:** Eliza Hill (60m); Lana Culliford (200m); Jessica Wadey (1500m, 300m & 800m); Thea Willis (shot put);  Isabel Breedon (60m hurdles - East Wales). **Silver:** Issie Tustin (60m & 200m); Catrin Jones (high jump); Alice Cudihee (shot put); Sofia Vella (800m); Megan Hodgson (pole vault). **Bronze:** Silva Brindle (long jump); Ellie-May Stonehewer (high jump - equal third); Megan Hodgson (60m hurdles);  Isabel Breedon (200m - East Wales).

**Under 17 men:** **Gold:** Kebba Saidykhan (60m); Joseph Alder (1500m); James Vincent (high jump & 800m); Jordan Fender (shot put , 60mH & long jump); Rhodri Lewis (pole vault). **Silver:** Kebba Saidykhan (200m); Ieuan Jones (1500m); Jasper Hawkins (pole vault). **Bronze:** Matthew Cottington (200m); James Short (1500m); Jac Smith (800m); Kieran Grimwade (pole vault).

**Under 17 women:** **Gold:** Rebecca Kennett (60m); Catrin Lord (200m); Rhian Jones (1500m); Lauren Evans (high jump, long jump & 60m hurdles); Naomi Reid (800); Amelia Reynolds (60m & 200m - East Wales). **Silver:** Catrin Lord (60m); Rebecca Kennett (200m); Caitlin Exton (300m); Lois Hillman (pole vault); Catrin Lord (long jump). **Bronze:** Eve George (60m); Ellie Stephenson-Wilding (300m); Laura Wright (800m).

The official results covering the two days can be viewed [**HERE.**](http://www.cardiffaac.org/files/Regional%20Indoor%20CH%202015.pdf)

Well done to those who took part.

## [Nos Galan successes](http://www.cardiffaac.org/news/nosgalnsuccess.htm) Friday 2 January 2015

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

With plenty of Cardiff AAC vests on display, the club ended 2014 on a high note at the popular Nos Galan races on New Year's Eve in Mountain Ash.

With kind weather conditions (no rain this year) Cardiff athletes figured prominently in the results with clean sweeps in the 12-13 and 14-15 girls' races and seven Cardiff senior men in the first 13 of the Elite race.

James Vincent was the winner of the 14-15 boys' race.

In the 14-15 girls' race, Naomi Reid was first home with Emma Ligthart second and Caitlin Exton third. In the 12-13 girls' race the winner was Annwen Gammon followed by Sofia Vella and Emily Chirighin.

In a nail biting finish to the senior men's elite race, Mike Ward (home for Christmas from university in the United States) was edged out by Andrew Davies (Stockport Harriers) with both runners given the same time (14.40). Only two hundredths of a second behind, Ieuan Thomas was fourth. Not far behind were Carwyn Jones (8th), Mike Kallenberg (10th), Matthew Edwards (11th), Jack Gooch (12th) and Ciaran Lewis (13th).

In the senior ladies' elite race, Charlotte Gaughan was fourth; in the 12-13 boys'race, Taylor Davies was 5th and, in the 10-11 boys' race, Iwan Smith was 3rd. Iwan's brother Jac was also third, in the 14-15  age group.

There were also many of Cardiff AAC's volunteers running the 5k races including; Liz Davies (coach), Sean Price (coach), Huw Phillips (coach and team manager), Derrick Stephenson (coach), Jennifer Stone (club official) , Kay Chapman (team manager) and Linda Exton (team manager) – well done to all.

The Nos Galan races are great fun – why don’t you have a go next year? All finishers in the junior and senior races get a race T-shirt, medal and goody bag.

The full results can be seen [**HERE.**](http://www.nosgalan.co.uk/en/2014raceresults.aspx)