**News Archive 2018**

Below is a copy of the news feed for 2018 from Cardiff AACs old website.

[**Gwent League Bryn Bach Parc**](http://www.cardiffaac.org/news/gwentleaguebrynbach.htm) **Monday 31 December 2018**



Apologies for delay in posts in December. Unfortunately went down with a virus in mid November, that was not pleasant, as others have found, it's hard to fully shake off. There has been other reasons, but enough of reasons why.

Reporting on the third Gwent League at Bryn Bach Parc, held on Sunday 2nd December, didin't attend re above. However feed back and checking the site details, a number of issues occurred. There is a lake with a building on far side, that entries were taken. Fine, as long as no late entries turn up. The tent village on the near side of lake, with the course 400m further away, going up a hill to get there. Thus logistics were an issue, the course, was isolated from tents and race, entries centre. Poor weather didn't help on the day, with a cold wind and rain showers. First Aid was there, but not seen on course.

Cardiff runner Millie Gold (Novice Girls) had a serious foot injury during race, finished race, but needed to be carried 400m down hill to tent. The injury, split open her toe that required stitches. However it was hours before she could leave Bryn Bach Parc.

Mark Gold takes race entries and enters them before competitions, in most cases it's not a problem. Late entries are. especially on this course. Millie's father Mark Gold was only club person to stay on course, attending to runners before race, and after race taking runners tag numbers, inserting in envelopes, and into boxes near finish, **for every race**. Once off course, 400m to take club flags and tent down. Have attended prevous meetings to help Mark. Had I been there, Mark could have left early to take Millie to A&E (3 stitches were required). Moral of story, more assistance is required to support Mark Gold, and runners across the age groups.

At Bryn Bach, senior men 438 finishers, Senior women 307 finishers, 745 runners in total. That total is far higher than all the other age groups taking part on day. Senior men are usually the last race, it means a long wait for runners to finish before tent is taken down, if weather is dry, tent is taken down during SM race, ground sheet left in place, for runners kit bags.

Previous Gwent Leagues held at Llandaff Fields, and Pembrey Country Park, logistics were fine, but there was still a lack of people to co-ordinate and support various club age groups on the day. **It's really not a diffcult role to administer on day**.

**Overall positions, after 3 Gwent League fixtures. First 10 individuals, team postions, age group numbers M & F at**

**Bryn Bach Parc**

**Novice Boys:** Tom Sturdy 7th. **Team 2nd:  Novice Girls:** Millie Gold 6th**, Team 6th. Total of 211 runners.**

**U13 Boys:** Elis Finlayson 3rd. Team 8th:  **U13 Girls**: None in top 10. Team 8th.  **Total of 155 runners.**

**U15 Boys**: Osian Tyrrell 6th.  Team 1st.  **U15 Girls**: Sophie Evans 3rd. Team 4th.**Total of 106 runners**.

**U17 Men**: Ben Reynolds 2nd.  Team 1st.  **U17 Women**: Mia Goddard 6th. Team 2nd.  **Total of 86 runners**.

**U20 Men**: Larry Ryan 5th.  Team 1st.  **U20 Women**: Molly Grimley 3rd.  Team 1st. **Total of 17 runners.**

**Senior Men**: Steven Morris 3rd.  Team 7th.  **Senior Women**: Rebecca Evans 10th.  Team 16th. **Total M & F: 745 runners**.

**Bryn Bach Parc: Cardiff senior men. James Hunt 1st.  Cardiff Senior Women. Rebecca Evans 8th.**

## [Welsh Athletics Junior Regionals](http://www.cardiffaac.org/news/welshathleticsjuniorregionals.htm) Thursday 6 December 2018



Day 1 of the Welsh Athletics Junior Indoor Open took place at NIAC on Sunday 2nd December, that included entries from South West England. There was Track events over 200m/300m/and 400m. The Field events  included High Jump, Long Jump, Triple Jump, and Shot Putt for U13, U15, age groups.

A number of Cardiff athletes won medals for South Wales Regional team. There was a clean sweep in the U17W races with Cardiff sprinters winning Gold, Silver and Bronze Medal, with Emmanuella Kone winning Gold medal.

There were Gold medals in field events including Ben Hillman U17M HJ (pictured).

See Cardiff's medal performances below.

**TRACK**

U13G 200m    Anais Sheppard 29.45  Bronze medal

U15G 200m    Eleni Jones  27.16   Gold medal:  Jersey Jones  27.33  Silver medal

U15G 300m    Evie Watkins  43.46  Gold medal

U15B  200m   Morgan Hubbarde  25.53  Gold medal, Charlie Stockley-Jones 28.04  Bronze medal

U17W 200m   Emmanuella Kone  25.60  Gold medal, Kirsty Law  27.05  Silver medal, Ella Hubbare  27.22  Bronze medal

U17M  200m   Evan Lloyd Jones  23.36  GOLD medal

U17M  400m  Tomas Charles  57.11  Silver medal

FIELD

U13B  HJ  Leon Gregson  1.26m  Silver medal

U13B  SP  Leon Gregson  6.48m  Bronze medal

U15B  HJ  Joshua Cambell  1.45m  Silver medal

U17W HJ  Gabby Dickinson  1.50m  Gold medal

U17W SP  Bree Cronin  12.01m   Gold medal

U17M  SP  Benjamin Henson  12.31m  Gold medal, Ben Hillman   10.66m  Silver medal

U17M  HJ  Ben Hillman  1.80m  Gold medal,  Elliot Lewis  1.80m  Silver medal

**Well done to all Cardiff athletes taking part in meeting.**

BUCS Uni's and Colleges ID Championships, held at Lee Valley on Saturday 1st December.

Cardiff's Harry Hillman 60m Final  7.14   Silver medal.

**Please note**, complete results for day 1 of Welsh Junior Regional Championships, can be found on club home page, by scrolling down to **Links**, key into **Welsh Athletics**, then event **results** section. Many other links are shown inc., Gwent League.

## [Cardiff AAC AGM & EGM](http://www.cardiffaac.org/news/cardiffaacagmandegm.htm) Wednesday 28 November 2018



**Cardiff AAC welcomes its new Presdent**

At the Annual General Meeting (AGM) of Cardiff Amateur Athletic Club, held in the club room on 26th November 2018.

It was unanimously agreed that Mr. Andrew Seary was appointed as club President.

The Club wishes to thank Mrs. Helen James, who stood down as President for the extremely important work she conducted during her tenure.

## [Cardiff AAC New Chair](http://www.cardiffaac.org/news/cardiffaacnewchair.htm) Wednesday 28 November 2018



**Cardiff AAC welcomes its new Chair**

At the General Meeting (AGM) of Cardiff Amateur Athletic Club, held in the club room on 26th November 2018.

It was unanimously agreed that Mrs. Helen James was appointed as Club Chair.

The club wishes the thank Mr. Bernie Plain MBE, who stood down as Chairman, for the extremely important work he conducted during his tenue,

## [Cardiff AAC EGM](http://www.cardiffaac.org/news/cardiffaacegm.htm) Wednesday 28 November 2018



**Historic Day for Cardiff Amateur Athletic Club**

At the extraordinary General Meeting (EGM) of Cardiff Amateur Athletic Club, held in the club room on 26th November 2018.

It was unanimously agreed that the club becomes a "Company without a share capital and limited by guarantee, with Charity status", and the club will be known as **"Cardiff Athletics"** with effect from the **1st January 2019**.

**Minutes of EGM**

Minutes of extraordinary General Meeting (EGM) of Cardiff Amateur Athletic Club , held in the club room on Monday 26th November 2018 commencing at 8.30am.

**Mrs. James took the chair.**

Mrs. James opened the meeting and declared that proper notice of the meeting had been given, and a quorum was present. Mrs. James read the notice convenening the meeting, and explained the voting rights.

Mrs. James outlined the reason for calling the EGM and answered questions, then formally proposed the following Special Resolution.

That-

Pursuant to clause 25 of its constitution, the club shall on 31st December 2018 ("the winding up date"), wind up, and its assets, goodwill and rights to be tranferred to **Cardiff Athletics**, a company **No. 11549129** without a share capital, and limited by guarantee; provided that the General Committee shall be authorised to postpone the winding up date if it deems it reasonably necessary.

Mrs. James declared on a show of hands, the Special Resolution was passed unanimously.

As a rider to above, this action is being taken by UK athletic clubs. Swansea Harriers are already a Limited Company.

## [UK European XC Trials](http://www.cardiffaac.org/news/ukeuropeanxctrials.htm) Monday 26 November 2018



Last Saturday at Sefton Park Liverpool, the XChallenge (Race 3) took place that included the UK European Trials for Senior, U23, U20, age groups. Wales had a very good day on a dry fast course, with individual wins for Charlotte Arter in senior women, Cari Hughes in U20W, and Jake Heyward in U20M. Wales have 7 runners in GB teams for European Championships to be held in Tilburg Denmark.

Cardiff's Charlotte Arter win in a loaded field that included UK's best senior runners. One can see from the picture at race finish, how close the chasing pack are.

Charlotte missed out on taking part in this summers Eurpean Track Championships due to a tendon injury. Thus meant a summer of rehab treatment, and then returning to training, to be ready for the Cross Country season.

Following a return to fitness. Charlotte took part in Cardif Parkrun 5km in October, equalling her best ever time. Then took part in a Welsh team sent to Burgos, Spain, and finished 9th in a very strong international XC field. Two weeks later, at Liverpool Charlotte main aim was to make GB team selection. Finding herself with a breakaway group, she stayed with them, until the final turn up to the finish line, putting a final effort, she broke to free with the pack chasing her home. Charlotte is looking for a good performance in Tilburg, to end her 2018 season on a high.

Meanwhile Cardiff's Jake Heyward following his win in the first XChallenge held in Cardiff at beginning of October, he followed Charlotte in the Wales U20 team for Burgos XC. Jake won that race with the same runner Rory Leanard 2nd at Cardiff XChallenge. Thus Jake was the out standing favourite to win at Liverpool. Jake had the biggest winning time margin with his U20M race win. The European Championships in Tilburg will presnt a proper race challenge for Jake, with a certain Jacob Ingebrigsten saying he wants to win 3 U20 European XC titles, he won in 2017, when Jake ran with a virus, he had a scarf around his neck was clue he was not 100pc fit. The 2018 U20M race will be well worth watching live on TV.

Other Cardiff runners in Liverpool were U20W. Kiara Frizzle 28th.

Senior Men Dan Nash 37th, Jake Smith 43rd, James Hunt 52nd.

U20M. James Vincent 51st, Larry Ryan 52nd (same time), Morgan James 102nd.

U17M. Lloyd Sheppard 53rd.

Well done to everyone who raced at Liverpool, all races are of highest quality, it's easy to find oneself running flat out, just to stand still in field. It's a learning experience for the future, taking part in similar races of this standard.

## [Cross Country November](http://www.cardiffaac.org/news/crosscountrynovember.htm) Monday 12 November 2018



The second Gwent League was held in Pembrey Park last Saturday. After the awful weather there last month with Welsh RR's, it was better, allthough we experienced very heavy rain showers driven by a srong wind until 1pm. The course surface was firm underfoot, with sand on course, flattened by the heavy rain showers, making it easier to run over for the runners.

In the senior men's race, 410 starters, 405 finished. Cardiff's **Ciaran Lewis** was a clear winner winning by 17secs, at finish, Ciaran said, that was tough, course was testing with a series of hills around the 5km large lap. As other Cardiff runners finished, they made same comment. Besides the hills it was the strong wind that all experience around the course and into the finishing straight. Stephen Morris 7th with Jake Smith 9th. Our final 2 runners making a team score James Chambers 130th and Paul Edwards 349th. After 2 meetings our senior men's team is overall in 12th place.

In the senior women's race Rebecca Evans was 23rd with Hannah Pretty 82nd. Cardiff senior women's team are overall in 25th place. These are currently the only results available on the Gwent League web site. In the senior women's race, 294 runners, they did a small lap first, that led to a hill with a narrow path to get to top of an embankment. This resulted in tail back with runners standing still at bottom of hill, before they could get onto hill. Something to learn from, with Welsh XCC at Pembrey Park next February.

Both senior races missed the heavy showers, younger age groups finishing were advised to return to club tent asap. With results not shown for other age groups. Only have, Larry Ryan 3rd in U20 Men's race, with Owain Edwards 21st, Keith Harold 60th, Matthew Verron 64th and Stephen Noyvirto 73rd. Laura Wright U20W was 9th, Annwen Gammon 22nd, Georgia Cole 25th and Molly Grimly 37th. Millie Gold 3rd in Novice Girls, (11yrs old today) and Elis Finlayson 3rd U13 Boys.

While our strength in depth is good in Junior age group especially U17 age groups, we are weak in senior age groups. Sometimes due to clashes with other events, or away in University, or etc. Bristol and Swansea remain the strong teams in Gwent League, but Endurance running clubs are well ahead of us, because in the main they are seniors only clubs. In short term we need to recruit new senior members, while in the long term it looks healthy. Elite runners will have a different race programme, so we (as other clubs) cannot rely on them to compete for club on a regular basis. There was only one runner Moli Lyons in Milton Keynes XChallenge meeting. Moli was 6th in U15 Girls race.

**Burgos SPAIN. Cross de Atapuerca**

In the U20M race Cardiff's Jake Heyward 18.17 was 1st in U20M 6km, 8secs ahead of another UK U20. In the Senior women's race Cardiff's Charlotte Arter was an excellent 9th 26.47 over 8km course. Cardiff's Kiara Frizelle was 23rd in 3km U20W in 14.54. In the senior men's race Dewi Griffiths DNS. Thus Cardiff's Dan Nash was first Welsh team runner home in 9km SM race 27.57 in 51st place. James Hunt (Cardiff) 28.17 was 63rd.

**USA**

Michael Ward was 23rd in Midwest Regional Champioships. His Bradley Uni team qualified for All Colleges Final XCC. Matthew Williams, Belmont Uni, was also 23rd, in South Regional Championships. Bethan Evans Alabama Uni was 129th in the same meeting.

## [CAAC 50th Anniversary](http://www.cardiffaac.org/news/caac50thanniversary.htm) Monday 5 November 2018



Last Friday at Cardiff City FC stadium our club celebrated our 50th year with an Anniversary Dinner. The evening was a success, that included 181 people attending. Attendance was a mix of former members of both previous clubs, current officials parents, and younger members of our club.

Many presentations were made, but this time they were not all made at the same time. Compere for evening was **Robert Cole**, a media man, and well known with his athletic reports. He started with a introduction of of club achievements, with a number of photos on a large screen, with music, that led into the first round of awards, before the first course meal was served.

Many people who came to stage were questioned by Robert Cole who had read out a list of their achievements. Replies led to funny and informative responses, that went down well with those present. One table had our Academy Junior coaches, who were invited to the stage to be presented, as part of the future of our club.

Inbetween the presentations and meal courses, gave people the opportunity to circulate, meeting people on other tables. That led to meeting more people who came along, to join in greetings and pleasant conversation.

The great and good were there, in circulating met **Nigel Walker**, who was Club BAL team Captain, a World Class High Hurdler, winning 60MH bronze medal, in World Indoor Championships. Nigel then changed sports to rugby. He played for Cardiff Blues, and also played for Wales on wing, he was very fast sprinter too.

Nigel is Head of Institute of Sport England, based in London, but lives in Cardiff. Besides commuting to London Nigel travels all over England, but has bonus of going to top class International Sport events around the world. Nigel said that when he retires from his job, he intends coming back to our club to coach, not seniors, but U13/U15. From previous expericence in club coaching, Nigel will need coaching assistant(s) as he will be over whelmed with youngsters wanting to be coached in sprint hurdle events.

There were other star athletes there, including current ones, Bethan Davies Commonwealth Games Bronze medalist in last April event in Australia. Rhys William 400MH Gold medal in European Championships, Brett Morse Olympion. Sarah Omorgie U20 No1 Shot Putt Champion in UK, and 8th in UK Senior ranking list.

But to end this post must give **huge thank you** to the **Organising Committee** for a successful and entertaining evening.

Club Sub Committee consisted of, **Bernie Plain** (Chairman), **Helen James** (President) **Mark Gold** (Club Manager) **Rhiannon Linington-Payne** WA's, and club 400m runner. If anyone has been left out, will add later.

## [Club 50th Year](http://www.cardiffaac.org/news/club50thyear.htm) Friday 19 October 2018



**Two weeks today it's Cardiff AAC 50th year. A celebrational Dinner has been organised on the 2nd November at Cardiff City Stadium from 7pm till Late. Dress is Informal Smart. A three course dinner and music take place with Tickets at £40pp, and £20 for students,** **and under 18's.**

Cardiff AAC came about from **AGM of 1968** of the two Cardiff Athletic clubs,**Roath Harriers (1882) and Birchgrove Harriers (1951).** Both clubs were based at Maindy Stadium, as time moved on, both clubs athletes wanted the clubs to be amalgamated, as the athletes mixed in training, and competed together in different clubs at same fixtures.

Although some people could not agree with the amalgamation, it formed one of the UK'S most powerful clubs, especially on the track, when the club went onto to be one of the most successful Track and Field clubs in the UK. Winning the Premier League title 3 times, and represented the UK in the European Clubs Championships.

There was no UK League for women then, but our Men and Women teams, represented Wales in European Road and Cross Country Clubs Championships, often held in Europe. One European Clubs XC Championships was held in Cardiff.

Well over a hundred Championships medals have been won by club athletes, in Olympic, World, European, and Commonwealth Games Championships.

**With club on lock down, it has made keeping contact with athletes and coaches and parents challenging. Hence advertising club 50th celebrations Dinner has been difficult. Over 150 tickets has been sold with more being sold as we get near dinner date.**

Our Academy originally Track Rats, (Training Real Athletics for Cardiff Kids), (Real Athletic Training Sessions). Has been a success story.

Track Rats was started by David Hawthorn a Senior Coach. David identified Jake Heyward as a talented runner, and passed him to a club Middle Distance group. To name one super talented athlete starting, in what is now called Academy.

The club Academy has a waiting list to join, despite training sessions being heldup. The Academy has been restructured with a Head Coach and Coordinator, along with a number of young qualified coaches leading various groups. A post on these developments, for another post.

[**Cardiff AAC**](http://www.cardiffaac.org/news/cardiffaacextraordinarygeneralmeeting.htm) **Sunday 14 October 2018**



**Extraordinary General Meeting**

Notice is hereby given that an Extraordinary General Meeting of the members of Cardiff Amateur Athletic Club will be held on Monday 26th November 2018.

The Extraordinary General Meeting will commence immediately following conclusion of the Annual General Meeting to consider and, if thought fit, to approve the following Special Resolution.

**Special Resolution:**

Pursuant to clause 25 of its constitution, the club shall on 31st December 2018 ("the winding up date") wind up and its assets, goodwill and rights be transferred to **Cardiff Athletics**, a company No. 11549129 without a share capital and limited by guarantee; provided that the general committee shall be authorised to postpone the winding up date, and if it deems it reasonably necessary.

**Note: To be passed, a Special Resolution requires not less than three quarters of those entitled to vote (and who do so) to be in favour of the resolution.**

Since its origins in 1882 the club has been constituted as a members' organisation. This has been perfectly satisfactory and worked well over all those years, but times move on. The club is now a much larger and more complex organisation, taking on legal, contractual and employment responsibilities. Because of this, the general committee took advice and has decided to convert the club into a limited liability company as described in the Resolution. This would be a more suitable structure for the future and would protect members and the committee from risks.

From a practical point of view, few changes will be noticed day by day and the club will continue to operate much as before.

By order of the General Committee.

Issued 11th October 2018

[**Cardiff AAC AGM**](http://www.cardiffaac.org/news/cardiffaacagm.htm) **Friday 12 October 2018**



**Cardiff AAC 49th Annual General meeting takes place on Monday 26th November 2018 starting at 7.30pm in our club room.**

**NOTICE OF ANNUAL GENERAL**

**AGENDA**

1.   Welcome

2.   Apologies for absence

3.   To approve the minutes of the 2017 AGM

4.   To consider any matters arising from the 2017 minutes

5.   Chairman's report

6.   To receive the report of the general committee

7.   To approve the financial report and accounts

8.   To announce subscription rates for the ensuring year

      (rates are decided by the General Committee)

9.   To elect members of the General Committee

10. To appoint an auditor

11. Any other business

 Any paid up member aged 18 or older may attend and vote, and nominate another paid up member to one of the following General Committee positions (current holder in brackets). Nominations and notices of motions must be put in writing, signed by two members entitled to vote, and delivered to the administrator not later than 4th November 2018.

President (Helen James)

Chairman (Bernie Plain)

Treasurer (Michael Farrell)

Membership Secretary (Bou Ligthart)

Chairman Track & Field Committee (Andrew Seary)

Secretary Track & Field

Cross Country & Road Coordinator (Mark Gold)

Coaching Coordinator

Two additional members

**N.B. An Extraordinary General Meeting will be held immediately after comclusion of the AGM.**

**Issued 11th October 2018**

[**Cardiff AAC Road Runners**](http://www.cardiffaac.org/news/cardiffaacroadrunners.htm) **Monday 8 October 2018**



The main event in Cardiff the week end was the Cardiff Half Marathon race. The race included the Commonwealth Championships, and the Welsh Half Marathon Championships. The photo shows the first 3 female runners in the Welsh Championships. Gold Medal went to Cardiff's **Clara Evans**, in middle of photo in 74.15, 2nd Rosie Edwards Rotherham 75.25, and Jenny Nesbitt 3rd 76.14.

In the men's race Cardiff's **Matt Clowes**, running for England, finished 10th in 63.25 a personal best time. Matt was 33secs behind Dewi Griffiths in 9th place. Cardiff''s **Jake Smith**  had a great race, he finished in 14th place in 64.01. **Jake Heyward** was 92nd in 75.23. Jake Heyward had also ran in England's Road Relay Championships, the day before in Birmingham. He was 2nd on 1st leg in 17.12 the (5th fastest leg time). A busy weekend, though he got his Sundays long run completed.

**English 6 Stage Road Relays Saturday 6th Oct 2018**

As previously reported Jake Heywards relay leg time, was the 5th fastest leg time.

1st Leg  Jake Heyward    (2nd)      17.12.

2nd Leg Larry Rhyan       (21st)     18.59.

3rd Leg  Stephen Morris  (29th)     19.19.

4th Leg  Owen Edwards  (42nd)     20.17.

5th Leg  James Thie        (38th)     19.01.

6th Leg  Elliot Richards    (34th)     19,09.

Team was a mix of youth and experienced runners.

**Team 34th, of 76 finishing teams in 1.53.57.**

[**Welsh RR's 2018**](http://www.cardiffaac.org/news/welshrrs2018.htm) **Thursday 27 September 2018**



The Relays were held in Pembrey Park for second year. Weather was awful, arrived at 10.30am was soaked before first race started at 11.30am. As various age group races finished people left, with only senior teams and runners left by end of event.

Cardiff teams in the U17 age group, dominated event. The photograph is Cardiff's winning U17M team, with David Lock, Ben Reynolds, and Llody Sheppard. Ben ran the fastest leg time on the last leg. Our Cardiff U17W team also won, with Nia Clatworthy, Bethany Gold, and Mia Goddard. Nia also had fastest leg time. One can see from the U17M photo, how well they are wrapped up against the rain, and cold wind.

The U17W decided to show off their Cardiff vests, and goose bumps. Tried to upload their photo without succees, at moment!

Looking at other Cardiff teams and individual performances by age group.

Cardiff's U11B team finished 3rd, with tight finishing by Tom Sturdy 10th, Josh Sanders 11th, and Jack Stewart 12th. We had no team in U11G race, with sole runner, Millie Gold in 4th place.

Cardiff's U13B team finished in 5th place. Elis Finlayson was 2nd fastest leg time of 6.07. In U13G relay, Cardiff's team finished 6th with Yasmin Hadid and Alice Davies, both having the same time 6.48.

Cardiff's U15B team finished in 4th place, with Jacob Reynolds running the 4th fastest leg time of 10.21. Cardiff's U15G team finished 2nd. Lili Jones, Sophie Evans, and Moli Lyons. Moli ran the 3rd fastest legtime in 11.31.

Cardiff's Senior men's team finised 2nd to a very strong Swansea team. Cardiff team. James Thie, Dan Nash, Owen Locke, and James Hunt, James Hunt ran the 3rd fastest leg time in 17.18. As last year we had no SW team.

Carmarthen teams always do well in younger age groups. Menai T&F Club came down from North Wales taking the Gold medals in the U15G race and fastest leg Samia Jones well clear of her rivals in 10.54. Justifying their long journey to event. Cardiff fielded 4 teams in the U17M and 2 teams in U17W age group.

Road racing takes place all year. Runners coming off the Track season will after a break, carried their speed into early Autumn road races.

September featured Cardiff and Swansea 10km races, both are major events, with Cardiff's Matthew Clowes 2nd to Dewi Griffiths in Cardiff. Matthew then won the Swansea 10km two weeks later. Cardiff's Clara Evans SW won the Bristol Half Marathon.

The above, and many runners use these races as prep for the Cardiff Half Marathon.

Matthew Clowes represents England team, in the Commonwealth Half Marathon Championships held within the Cardiff Half Marathon, that takes place on Sunday 7th October.

[**Cross Country & Road**](http://www.cardiffaac.org/news/crosscountryandroad.htm) **Sunday 16 September 2018**



Autumn road races are well under way, with the cross country season starting on Tuesday. The first of  the Cardiff & Vale Schools Cross Country League meetingS (Boys) races at Pendcoedre School in Barry. On Wednesday the (Girls) races will be held at the same venue. Many Cardiff runners take part in these competitions, that are viewed as development races.

USA Colleges cross country season started on 1st September. With the Memphis Twilight XC Classic, in Tennessee.

Cardiff's **Ffion Price** was 1st with **Bethan Evans** in 28th place.

Ffion has been a talented runner since U13 age group, winning many Welsh titles. This summer Ffion won the Welsh SW 1500m title, and helped Cardiff's (delayed her flight back to her US College) helping Cardiff's UKWL team to gain promotion to Premier League, by winning the 1500m race in Manchester.

Their are a number of Cardiff (Male and Female) runners in US Colleges, will report on their race results, as they are normally overlooked.

Last Thursday down Club to meet runners for Jubilee Park training, noticed, contractors have made a start on track, with the cushion surface over concrete, on parts of the track, and Jumps run ups. Will record progress on web posts.

[**Track Opening Delay**](http://www.cardiffaac.org/news/trackopeningdelay.htm) **Friday 7 September 2018**



Have received an urgent email from Club Manager this afternoon regarding the track opening date. Due to contractor delays the work suppose to be commencing last Tuesday, will not start until the middle of September.

Emails have been sent out to all paid up members of the Academy for the Autumn term, informing them of track completion delay. Monies paid in advance will be carried forward to following term. A new date for commencing the Academy sessions is Monday 5th November 2018.

The track opening delay affects all athletes and coaches that hold sessions at Leckwith during the winter months. Since the track closed week begining 15th July, we are nearly 2 months later, with no track completion date. Coaching sessions have been held at stadium for throws using outside throwing area, and a football pitch near stadium entrance.

Coaches have been using facilities away from the track. Those of us who have been using the local parks for evening sessions on Club nights, was fine in July, with long days when sunset was 9.26pm.

However evening are drawing in fast, sunset currently 7.45pm. Mid October sunset will be 6.29pm. That means road sessions for some club groups. At end of October (27th) the clocks go back an hour.

Club office, and canteen, will be open during track delay.

Will continue to follow progress on track refurbishment (that is beyond club's control), and post updates.

[**Cardiff 10km & Fun Run 2km**](http://www.cardiffaac.org/news/cardiff10kmandfunrun2km.htm) **Tuesday 4 September 2018**



Last Sunday 2nd September saw thousands of runners taking part in the Cardiff 10km and Fun Run races, held in dry warm weather. Cardiff AAC had 33 runners, with 18 males, and 15 females, covering U18 to Masters age groups.

Our senior men took pride of place in the 10km race, with **Matt Clowes** 2nd, (pictured) **Jake Smith** 3rd, **Dan Nash** 9th and James Hunt 12th. Dewi Griffiths (winner) led from gun, flying through 5km in 14.14 (28.28 10km pace), with a chasing pack of 4 runners including Matt Clowes and Jake Smith in 14.33, 19secs behind Dewi.

Over the last 5km Matt reduced a tiring Dewi lead, to 8secs at finish, by running a well judged race. Matt will be representing England team, in the Cardiff Half Marathon that includes a Commonwealth competition. His selected follows a series of top class road performances, and included in our BAL team (5km 2nd 14.14.96) held in Cardiff last June. Matt, is self coached covers a lot of mileage on his own, as many endurance runners do, and have done for years.

Cardiff's senior ladies also had excellent results, with **Clara Evans** (3rd female), **Lucy Marland** 7th, and **Cary Hughes** 8th. These 3 runners have achieved consistant good results on the road, and in cross country racing.

**U20 age group.** Morgan James had probably his best performance, since getting over an injury last summer. Morgan U20, was 37th in a time of 34.05.

Callum Stone U20, 73rd in 36.19, 17.05 (34.10 5km pace) at 5km. Callum like Dewi, paid price, slowing over the last 5km. Pace judgement is important in endurance racing. Like seeing other Cardiff runners after 10km race. Saw Callum, asked his time, 36.06. Saw provisional results yesterday, Callum 36.16. Today he's 36.19 other runners times may also be adjusted. First female U20 was Laura Wright in 42.26.

One Cardiff female got home, from a walking holiday in Europe at 11pm, night before 10km race. Turned up at 9.10am had to queue for her race number. Reason why race start was delayed for 15mins, a huge queue of runners was waiting for their race numbers to be handed out. As race started, runners numbers were given out randomly, not as per race entry, they missed start of race, like many others in same position, with a random race number, her finish time(s) were wrong.

**Results of the Fun Run 2km** Cardiff's **Ben Farrell** U15 2nd 6.04. **Elis Finlayson** U13 2nd 6.30. **Millie Gold** U11 was 4th in 7.24.Without runners Clubs being shown in 2km race results, did not know names of Cardiff runners competing, except above.

**Well done to all Cardiff's runners, who competed in Cardiff 10kn and 2km Fun Run races**

[**End of 2018 T&F season**](http://www.cardiffaac.org/news/endof2018tandfseason.htm) **Tuesday 28 August 2018**



Following the conclusion of the 2018 Track & Field season, Cardiff AAC is Wales leading Athletic Club. Results of our senior flag ship teams have, with Cardiff's senior mens BAL team retaining their place in the Premier League. Cardiff's senior womens team not to be out done by our mens team, gained promotion (for first time) to the UKWL, Premier League, for the 2019 season.

There are a number of factors that have lead to these achievements. Team management, working hard to field competitive teams, and having athletes in team, able to compete at Premier League level. No club can produce athletes to compete in all T&F events. While some will come from club development, other athletes train off site in specilised groups. Recruitment of athletes is always on going, a limited number of higher claim athletes are recruited to compete in Premier League teams, same for most clubs. Team management will start work this winter on Premier League teams, being ready for the 2019 season campaign.

Cardiff AAC is closed, due to holidays of club Administration, athletes, coaches, officials and track refurbushment. Our club office  opens on Thursday 30th August. Cardiff's Academy resumes on Monday 10th September, training will be held in House of Sport Dome, until track refurbishment is completed.

[**Welsh Junior League Cup Final**](http://www.cardiffaac.org/news/welshjuniorleaguecupfinal.htm) **Monday 20 August 2018**



The final club team competition took place at Swansea yesterday. A cloudy windy morning greeted our Welsh Junior League athletes. In the afternoon the sun appeared, and conditions improved, with athletes achieving pb performances.

Ben Reynolds won U17M race 3.57.76 pb. Unfortunately Welsh Athletices results only show the WJL plate final. Yet show on WA's report link to cup results, only Plate event results come up.

Mark Vincent stepped drown as one of our WJL Team Managers after 5 years. Mark reported it has been a privilege to to watch the clubs U11-U15 athletes progress and develop during his 5 years. During his time, teams have won 2 WJL Finals,  and competed against the best in (YDL) UK Finals. He thanked all athletes, coaches, officials and parents, for their support, and has worked with some great club team managers. To all athletes yesterday at Swansea, a BIG well done.

While individual results are not available at moment, the team scores are.

Match Scores after 68 Events

1. Swansea Harriers              1070pts

2. Cardiff Archers                  1066pts

3. Cardiff AAC                         937pts

4. Newport Harriers                 884pts

5. Carmarthen Harriers            826pts

6. Penbrokeshire Harriers        618pts

7. Bridgend AC                        442pts

8. Rhymney Valley AC             441pts

It should be noted that our team managers were affected by holiday season, and club shut down, (6 weeks) due to track refurbishment. While we have a temporarly problem. Other Welsh clubs have long term problems e.g. lost in field facilities at Barry, Rhymney Valley AC only have a grass track.

Swansea and Cardiff clubs dominate WJL results, with Newport Harriers improving, clubs slipping back in WJL include Carmarthen Harriers who dominated WJL at one time, and Bridgend AC.

Our club must continue to grow, and develop young athletes, for their own, and future team success in WJL, and can lead athletes on pathway, to club U20, and senior teams.

[**Cardiff AAC Track Update**](http://www.cardiffaac.org/news/cardiffaactrackupdate.htm) **Tuesday 14 August 20**

**18**



Club Chairman Bernie Plain, met Steve Borley last week, regarding situation in relaiding the new track, as rumours have been circulating. Bernie confirmed, the contractors will start this week, (they have). First they will take up the old track all weather surface, remove surface from D's, and run ups to the sand pits etc. Then repairs (if required) will be made the concrete surface. Next stage will be to insert the new track etc surfaces. Once that has been completed the track etc., will have to be lined for competitions to take place.

The plan is to have the refurbushment work finished ready for the Academy season starting on 10th September. Should that not happen, the DOME can be used by Academy, on training nights, and the grass field near entrance to stadium will be made available for training. The outside throwing area has not been affected, and has been used for training and competitions, as in previous post. The throwing area will have refurbishment work in replacing the old grass surface.

The new track will be BLUE like the one seen on TV in Berlin Euro Championships. The D's, and runways will be RED, with WHITE lines, thus matching club colours. As always, completion date of refurbushmen will be dictated by the weather, will keep updates on refurbushment progress.

[**Young Throwers Invitational**](http://www.cardiffaac.org/news/youngthrowersinvitational.htm) **Monday 13 August 2018**



Last Tuesday 7th August, the 4th Cardiff AAC Invitational for young throwers was held. The event is by invitational only, due to the limited time available for an evening meeting. Athletes taking part are mostly from South Wales & West areas of Wales.

Once again Cardiff's elite senior men took part. Brett Morse and Aled Davies F42. Brett must like the event, as his Discus throw was his second longest throw DT2K (60.47m) of this season. Aled Davies also had a good Discus throw of DK 1.5K (52.46m). Matteo Holmes U23M had pb's in Discus DT2K (31.68m), and Hammer throw 7.26K (34.11m).

Having 2 elite athletes taking part, must help young competitors seeing them close up in action, and no doubt the seniors giving advice to the young throwers.

Youngsters taking part range from U15 to U20 age groups. Cardiff's Ben Hillman U17M Discus throw 1.5K (30.29m), was close to his personal best. In Hammer throw Cassey Grimwade U17W HT3K (47.78m), was close to her personal best throw.

The full results can be seen on Power of 10 results page, on date 7th August of event.

## [Senior Women Promoted](http://www.cardiffaac.org/news/seniorwomenpromotedtopremierleague.htm) Monday 6 August 2018



Yesterday at Leigh, Manchester, history happened for Cardiff's senior womens team. They gained promotion for first time to UKWL Premier League in 2019 season. A weaken team (holidays/injuries) meant athletes doubling up or even trebling up in order to finish in first 2 places to garantee promotion.

Sharon Thor Heveran team manager, said other teams were similary affected, leading to 2 events had no (B) competitors. Despite being shown in Pof10 results, have been advised that our 4x400 team were DQ. Despite those issues, the team finished a comfortable 2nd place in yesterdays match, led Division in overall standing with (23pts), and scored the most team points (637pts)in the 3 matches.

Sharon made sure every event had a Cardiff competitor, hence athletes doubling up, Kate Seary 800m (A) 6th, 3km (B) 1st, Ffion Price 1500 (A) 2nd, 3km (A) 3rd. Ffion delaid flying back to US College, in oder to compete in final match. Emily Brown 400H (B), 2km s/c (A). Sara Buggy LJ (A) 2nd, TJ (A) 1st. Rebecca Chapman LJ (B) 1st, JT (A) 4th. Gwennan Lewis SP (A) 5th, HT (B) 6th, DT (B) 7th.

Best event points scored HJ Hannah Tapley (A) 1st, Daena Kealy (B) 1st. The 4x100 relay team 3rd, was their 2nd fastest time this season.

Congratulations to **all** **athletes**who competed in helping to secure promotion for Cardiff's senior womens team in 2018 season.

A massive thanks to team manager **Sharon Thor Heveran**, for all the hard work and time that goes with the role of a club team manager. Congratulations on creating history, achieving Cardiff's senior womens team first promotion, to UKWL Premier League.

## [British Athletics Premier League](http://www.cardiffaac.org/news/britishathleticspremierleague.htm) Sunday 5 August 2018



In the last match (4th) of Cardiff's senior men's team (first season) in the Premier League at Hendon, London, the team needed to finish in front of Thames Valley Harriers (TVH) in order to retain their place in the Premier League. Unfortunately this did not happen, with TVH 5th (260pts,) beat Cardiff 6th (259pts) by 1pt. However Cardiff beat City of Sheffield & Deane AC (222pts) 7th, with Swansea (130pts) 8th. After match 4 the league table at bottom 6th Cardiff 14pts, 7 th TVH 13.5pts, Swansea 4pts. Looking at split between track 125pts and field 134pts. Track low score was caused by no team in 400x4 relay and one athlete in 110H. Our lead senior teams, are affected by the success of athletes being selected into various Welsh teams, and elite into GB teams, add main holiday season has impacted on most of our club teams..

Those in track events did their best highlighted by Matt Elias a spectator sat in stand, did 400H B event (8th) to gain a point. James Thie V40 did the 5000m B (6th) gaining good points.

Sam Gordon 1st (A) 100m, with Kris Jones (B) 2nd 100m. In 800m Joe Reid (A) 2nd, with Elliot Slade (B) 1st were the highlights on the track, that included U20 athletes, and those new to Premier League competition.

In field events, team had excellent results including JT (A) Jason Copsey 1st 68.04 (pb), (B) Richard Dangerfield 1st 59.87.

In Discus (A) Brett Morse 1st 58.30, (B) Curtis Matthews 2nd 47.57. HT Jac Palmer (A) 1st 66.56. All events in field events had A & B club athletes. Curtis Matthews a multi eventer, did 110H (A), Discus (B), Shot Putt (B) and Long Jump (A). Brett Morse, Jeff Angila doubled up in field events. Good points were gained in High Jump, Triple Jump and Pole Vault.

**Full results are posted on Power of 10.**

iN 2019 two more London clubs will replace Swansea and TVH. The competition for points will be more difficult ti gain, unless Cardiff field stronger teams or cover all events in matches.

Once again yesterdays Cardiff's excellent senior men team performance in retaining their Premier status, has also been shown by our YDL Upper and lower, and WJL teams, who have showned the same team spirit, so the club's T&F teams future is looking bright.

**Standings after Match 4.**

1. Birchfield Harriers.                           31pts

2. Shafesbury Barnet H.                       23pts

3. Woodford Green & Essex Ladies.    22pts

4. Newham & Essex Beagles AC.        19pts

5. City of Sheffield & Deane AC.          17.5pts

6. Cardiff AAC.                                     14pts

7. Thames Valley Harriers.                  13.5pts

8. Swansea Harriers.                             4pts

## [Youth Development League](http://www.cardiffaac.org/news/youthdevelopmentleague.htm) Friday 3 August 2018



After the seasons 4 matches Cardiff's Youth Development League team (YDL) Upper age groups (U17M/W & U20M/W) the team finished 2nd, with only the combined teams of Team Avon ahead. The Area final was held at Newport last Sunday. Like the day before (WJL) the weather was awful, with heavy rain showers and gusts of strong winds. Due to holiday season, the team was seriously depleted. Many athletes doubled up, or did 3 events to help buildup the team's score, in a bid to qualify (first 2 teams) for UK YDL final at Bedford. Despite the athletes best efforts, the lack of athlete numbers meant the team finished 4th.

**Debbie Bull reported.** A massive well done to all who competed at Newport in the YDL UAG Area Final. We didn't get the result we wanted overall, but appreciated the huge effort the athletes put into the team on the day. The conditions were really not good, but didn't deter team members giving theIr all on the day.

Debbie is very proud of all the athletes, and looks forward to seeing you again next year, and added, good luck for rest of season, and have a good winter season.

For those graduating to to the seniors, we wish all the best, and hoped their time as a junior has prepared you for your journey ahead. For those changing school/college, starting university or work. Work hard, but make time to pursue your deams.

Good luck everyone and thanks for your support.

**Team managers. Debbie Bull, Gail Gastin, Jen Stone.**

**Areaa Team Scores**

1. Rugby & Northampton AC              596.3pts

2. Team Avon (Combined teams)       576.7pts

3. Birchfield Harriers                           540.0pts

4. Cardiff AAC                                     532.7pts

5. Team DC (Combine teams)            457.3pts

**Once again, thank you to all the volunteers and parents, who supported the team during the 2018 season.**

## [Welsh Junior League 4](http://www.cardiffaac.org/news/welshjuniorleague4.htm) Wednesday 1 August 2018

##



The final match of the Welsh Junior League, (WJL) was held in Newport last Saturday. After fine warm weather since May, normal weather service applied last weekend with heavy rain showers and gale force gusts of wind. With the holiday season in full swing, meant Team Managers were struggling to field a competive team.

Nevertheless team managers using athletes resources wisely, managed a good team result, finishing 3rd at Newport and 2nd overall of 9 clubs, after the 4 WJL competitions, Cardiff Archers lead the way, who were strong in U11 and U15 age groups. However Cardiff's U13B won the trophy for the best age group in the 4 matches. Hence picture of winning trophy showned.

Once again a huge thank you to all of our WJL team managers of the 3 age groups, U11, U13, U15. There was strong vocal support from team managers, parents, and fellow athletes, helping competing club athletes in their events.

Overall Table Results

1. Cardiff Archers               5310pts

2. Cardiff AAC                    4957pts

3. Newport Harriers            4625pts

4. Rhymney Valley AC       3643pts

5. Herford & County AC     2796pts

6. Blaenau Gwent AC        2498pts

7. Cwmbran Harriers          2170pts

8. Rhondda AC                    994pts

9. Aberdare VAAC               422pts

## [Welsh Road Relays 2018](http://www.cardiffaac.org/news/welshroadrelays2018.htm) Friday 27 July 2018



As Welsh Athletics have a comprehensive report written by a Carmarthen member, and our club Facebook reports, thought a view from one attending event at Pembrey Park last Saturday. Arrived in car park before 10.30am, changed into more kit as it was pouring with rain. Then a long walk over road park land to start, finish area. The rain persisted most of day with a cold wind. By the time the first started was already getting wet despite wearing plenty of water proof gear, that at end day, needed new water proof bottoms.

## [YDL AREA FINAL](http://www.cardiffaac.org/news/ydlareafinal.htm) Thursday 26 July 2018



Cardiff's team for the **YDL AREA FINAL in Newport on Sunday**, has the lowest number of athletes who are competing.

**Debbie Bull** U17/U20M, requires athletes to contact her **ASAP**.

**Jennifer Stone** U17/20W, urgently needs endurance runners with many events without A or B string athletes. Also U20W throwers are required.

**Gail Gaskin** needs U17 hurdlers, only 1 100mH and 1 300mH so far. Also only has 1l U17 High Jumper.

In the Area Final, only first 2 teams qualify for final at Bedford in August. Strong teams are taking part, including:-

Birchfield Harriers

Rugby & Northampton

Team Avon

Team DC

Team managers main problem besides athletes on holidays, is the closure of the stadium while refurbishment of the inner field area and track takes place. Team managers do not have normal face to face contact with athletes, as athlete groups are training at different locations, in the Cardiff & Vale area.

A recent great team result by our YDL lower age group, with reduced numbers taking part, finished 2nd. Sunday's UK weather forecast is rain, no sun bathing weather, never a problem in competing, just like the last match at Exeter, when the team had a good result. **Please support your club Volunteer Team Manager.**

## [European Championships](http://www.cardiffaac.org/news/europeanchampionships.htm) Wednesday 25 July 2018



British Athletics is sending 102 athletes (The largest GB team for over a 100 years) to the Senior European Championships held in Berlin during August. Wales has 8 athletes in the British team, the most since 1986.

**Cardiff AAC has 4 athletes in GB team.**

1. 3000ms/c         Ieuan Thomas  (James Thie).

2. 10,000m          Charlotte Arter  (Chris Jones).

3. 20km Walk       Bethan Davies   (Andi Drake).

4. 400m Relay      Owen Smith      (Matt Elias).

**Congratulations, and good luck to all Cardiff members competing in Berlin.**

Interim Head of Performance and Coaching in Wales, Chris Jones, said. It's great to see so many of our senior athletes earning selection for Berlin. Systems we are building in Wales to identify and support our athletes and coaches, are starting to bear fruit.

Of the 8 Welsh athletes selected, 5 are senior women, covering. 5km, 10km 20km walk, and Marathon.

## [YDL Premier League](http://www.cardiffaac.org/news/ydlpremierleague.htm) Monday 23 July 2018



Cardiff's Youth Develoment League (U13/U15) match last Saturday was a critical match, as the team needed a really good result to prevent relegation. Thanks to the hard working Team managers, not helped by school holidays, meaning many athletes were not available to compete in Yate.

Nevertheless as Amjad Mohsin reported on club FB that an incredible team result was achieved. The final team scores showed how important every point scored is valuable to team, a lesson to all club teams. Thank you Amjad for photo of some of the team members, some team members went off before photo was taken.

Mike Farrell commented on the very vocal travelling support (parents and team managers) for team athletes in their competitions.

1. Bristol & West AC           635pts

2. Cardiff AAC                    545pts

3. Yate & District AC           542pts

4. Newport Harriers            535pts

5. Sweindon Harriers          534pts

6. Gloucester AC                434pts

7. Team Bath AC                287pts

## [Cardiff AAC 50yrs](http://www.cardiffaac.org/news/cardiffaac50yrs.htm) Friday 20 July 2018



This year, Cardiff AAC will be 50yrs old, created from the club's AGM in November 1968. Many changes of personnel and stadium locations have taken place, since the almalgamation of Roath Harriers and Birchgrove Harriers. Originally based at Maindy Stadium (both clubs) that  had a cinders track, we later moved to a new stadium in Leckwith, now Cardiff City FC stadium. Our current location, is to the current stadium, opposite the Leckwith Retail Park.The Club General Committee has decided to hold a 50th anniversary Club Dinner, to be held in the Cardiff CFC stadium, with free parking available.

**The dinner with take place on Friday 2nd November 2018 7pm till late.**

Tickets are available from the club office. Ticket sales and enquiries can be made to Mark Gold Club Manager, email office@cardiffaac.org. Office phone 07549651424.

Club Chairman Bernie Plain (who is co ordinating ticket sales) can be contacted for inquiries.

## [Club Academy](http://www.cardiffaac.org/news/clubacademy.htm) Thursday 19 July 2018



This evening will be the last Academy session before the summer break. Certificates have been handed out to Academy members this week at Monday, Tuesday, and this evening session. In total 215 young members have attended the three evening sessions.

The new term will start on Monday 10th September, as will this evening session, the Academy training will take place in the Dome. The refurbishment work that has started this week at the stadium, the football pitch will be completed first, before work on the track commences. The new track will not be completed (new surface, and lined) for training sessions, until mid September.

The club office that runs the Academy, (Gayle Farrell, Administrator), and (Club Manager, Mark Gold), who handles all other club inquiries. Due to summer holidays, the club office will close on Friday 3rd August. Office will open on Monday 27th August.

During this timescale, club Chairman Bernie Plain, will be available to take phone calls (07976 368543) re any urgent issues.

## [Cardiif AAC Training](http://www.cardiffaac.org/news/cardiifaactraining.htm) Sunday 15 July 2018



As from today the track at Cardiff International Sports Stadium, at Leckwith, is not available for training. Over the next 2 months the track and infield will be refurbished, therefore will not be available for training until mid September. The Club Room will operate as normal on club nights, Monday and Thursdays. The Academy training will be held 6pm to 7pm, inside the Dome Unit opposite the track. The Dome Unit can be used by senior groups from 7pm.

Club Chairman Bernie Plain, has agreed an arrangement with Barry Harriers Secretary Fred Malkin, that Cardiff athletes can use Jenner Park for Training on Mondays and Wednesdays from 6pm to 8pm. Entrance to stadium via Gladstone Road.

Bernie Plain will make inquiries whether it is possible that club athletes can train at Jenner Park on oher evenings. Bernie thanked Fred Malkin for being so helpful towards our club athletes, during disuption of club training while refurburbishment takes place.

Charge per athlete for Jenner Park training will be £1.50. Some MD groups will meet in Club room, and train in local parks.

## [Cardiff's Senior Ladies Team](http://www.cardiffaac.org/news/cardiffsswteamwinmatch2.htm) Thursday 12 July 2018



Cardiff's Senior Womens Team Manager Sharon Hevaron, reported last Thursday before Sundays Division 1 match (2) in London, that her team was very strong. Saw Sharon near end of Saturdays Welsh Schools Championships in Cardiff. Sharon was looking worried. Met Sharon as she was leaving stadium, asked how her team was, her reply was team is in tatters.

Imagine my surprise upon seeing on club FB page, that Cardiff's UKWL team had won the second match in London. Andrew Seary BAL Team manager went with tee shirts for the team, and took a couple of team photos. Had to wait till team results were posted on Power of 10 to see team individual results. No team positions are available at moment. Once results were sighted, it was no surprise the team had won the match. With (9) 1st places won in A and B events. Team also had (5) 2nd places, thus were stacking up a good number of team points.

Like the men's BAL team, the UKWL ladies team members also doubled up on events. The only event not covered was s/c, only 3 club runners took part in s/c, an event that few runners concentrate on.

Sharon must have recruited some athletes at schools event. Naomi Reid won schools 800m title, was sick after race, yet won B 800m even, and was 3rd in 400m (B) in Sundays UKWL match. Competing on two of the hottest days of the summer.

1st placers included Ffion Price 1500m (A), Kate Seary 1500m (B). Kate Seary 3000m (A), Lucy Marland 3000m pb (B). Sally Peake PV (A). Rebecca Chapman LJ (A), Sally Peake TJ (A), Lucy Griffiths SP (B).

Second place athletes included Lauren Evans 100H, Sara Geary LJ and TJ, Sara Omorgie SP, and Cardiff's 4x100m team.

Charlotte Wingfield 4th 100m, Catherine Hardy 3rd in 100m (B), gained good points.

All the team athletes contributed to the teams success and derserve congratulations.

Team Manager Sharon Heravon, showed determination in working hard right up to match, in fielding a successful, enthusiatic and supportive Cardiff AAC Ladies team.

Their last match is in Manchester (Sports City) on Sunday 5th August, with 2 match wins, Cardiff Ladies team, are favorities to win 2018 Division 1 title, and promotion to the UKWL Premier League for 2019 season.

Team results can be found on Power of ten results page. Sunday 8th July.

## [BAL Senior MenTeam](http://www.cardiffaac.org/news/balseniormenteam.htm) Tuesday 10 July 2018



It was no surprise that Cardiff's Senior men's Premier League team finished 7th out of 8 teams last Saturday in Bedford, with only Swansea Harriers (8th place) already in relegation position. Unless Cardiif can raise a decent team for the final fixture on the 4th August in London, they will be relegated.

There are many reasons why athletes do not compete in BAL team, yet on paper our senior men should be able to compete with the top teams in the Premier League. Rather than holding a post mortum on last Saturdays result, far better to be positive, and work towards supporting BAL Team manager Andrew Seary, and Club Captain Brett Morse, in fielding a team that will retain our place in the BAL Premier League in 2019.

Those that did turn out last Saturday did their best, plenty of athletes doubling up in events to gain points that may well count in keeping our BAL team in the Premier League. Brett Morse was not well, yet competed in three events. He was beaten for first time in BAL meetings, in his main event throwing the Discus, with Shaftesburt Barnet Nicolas Percy fine throw of 63.17, with Brett best throw being 56.66. Brett also took part in Hammer and Shot Putt events.

Dan Nash 9.24.and John Cove 9.54.35 in 3kms/c both finished 2nd in A and B races. They had other events, but the heat and the s/c took a toll on their energies. Dan Nash's time is 4th faster in Wales, and 23rd in UK ranking list. Wonder how he compares the challenge of 5km with the s/c?

Sam Gordon 100m 10.39 3rd and Jeremiah Azu 100m B 10.61 2nd gained good points. Kristian Jones 200m A 21.31 5th, had fine performances. Teams best scoring event, was the Javelin, with Jason Copsey 67.59 pb (A) and Richard Dangerfield 60.67 (B) 1st.

**A good team in the last fixture will secure our place, and status, as Wales leading Athletic Club in Wales.**

**Standing After Match 3                        League       Points**

Birchfield Harriers                                   24.0           1022.0

Shaftesbury Barnet H                              18.0            884.0

Woodford Green & Essex Ladies            16.0            839.5

City of Sheffield & Deane AC                  15.5            839.5

Newham & Essex Beagles AC                11.5            824.5

Cardiff AAC                                             11.0            772.0

Thames Valley Harriers                            9.5            724.5

Swansea Harriers                                     3.0            586.0

 [**Cardiff Senior BAL & UKWL**](http://www.cardiffaac.org/news/cardiffseniorbalandukwl.htm) **Friday 6 July 2018**



This weekend is an important time for our lead senior club Track & Field teams, as both teams need good results. The men's BAL team after 2 matches in Premier League this season. Cardiff hold 5th place with 9pts. Team manager Andrew Seary has had a difficult task, with so many team members not being available to compete at Bedford. Again clashes with Welsh Schools Championships, and other events, means a number of team members are having to double up in order to win points for team. The event in Bedford, mean London clubs will have strong teams. Birchfield Harriers (Birmingham) are runaway leaders, with two wins, Sheffield are second. Cardiff will be competing against the Swansea team, with same problem of clashing fixtures.

BAL club captain Brett Morse will be leading team from front, in Discus competition, fresh from last weeks win, his 4th British Championship Gold medal. Brett has won 10 British championships Discus medals, and has not lost a BAL compitition. Brett has been selected for GB team taking part in the World Cup on 14th/15th July in London.

Andrew will be working hard on trying to improve team, right up to competion on Saturday.

Meanwhile Cardiff's senior ladies team, takes part in their second UKWL match Division 1 at Crawley, (London) on Sunday. After the first match at home, Cardiff hold first place in League. There are only three matches in season, again it is vital to get a very good result in London to maintain team lead position in League.

Sharon Heveran (Team manager) although missing some athletes from their home fixture success, is looking forward to Sunday's match. Sharon reported that a very strong Cardiff team will be fielded, with only s/c a problem. Sharon is confident of a good result.

That being the case, the Cardiff senior women's team can go into the last fixture on 5th August in Manchester (Sports City), with a great chance of promotion to the UKWL Premier League in 2019.

Kiara Frizelle 1st in (B) 1500m in Cardiff, competes for GB U18 team in European Youth Championships this w/e, good luck to Kiara.

Also noted that Charlotte Arter fell in her British Championship 5km race. Having lost ground by fall onto track, Charlotte  finished 4th just outside a podium place. Who knows what would have resulted, had Charlotte had not fallen, that results in shock, then having to use up more energy, in catching up leadering group in race.

## [British Athletics Championships](http://www.cardiffaac.org/news/britishathleticschampionships.htm) Sunday 1 July 20

## 18



After the first day of the British Athletics Championships held in Birmingham 1st to 2nd July, a meeting that is also a Trial for GB teams taking part in the European U23 and Senior Championships in Berlin , Germany in August.

**Brett Morse** won his 4th Discus SM title with a throw of 58.90m. Brett has won senior men titles in 2012, 2013, 2015 and this year. Brett is having a good season with consistent discus throw results. With his seasons best throw of 61.71 on the19th June in the Cardiff AAC Young Throwers meeting.

Brett coaches his younger brother **Jay Morse** in U20 discus. Jay has been selected for the GB team in the European Youth (U18) Championships in Gyor, Hungary from 5th to 8th July 2018.

**Aled Davies** F42 was 1st with a discus throw of 48.86m.

**Ieuan Thomas** was 2nd in the 3km SW S/C final in 8.33.88. only 0.76secs behind the winner. Ieuan has also achieved British Athletics standard in 3km SM S/C, for the European Senior Championships, held in Berlin, Germany in August.

**Sally Peak** was 3rd in the PV SW with a height of 4.15m.

**Sam Gordon** made final of 100m finishing in 7th place in 10.40secs.

**Jac Palmer** was 7th in HT SM with a throw of 67.04m. Jac was the second place U23 thrower in event.

**Day 2.**

**Bethan Davies** 5kmW SW Final, was 1st in 22.04mins. Bethan 20km bronze medalist in the Gold Coast Commonwealth Games, showed she has speed too, lead from gun to tape, dominated the race. Bethan gave a fine display of quality walking, leaving her rivals with a fine turn of speed walking over 5km walking event.

**Jon Bailey** HJ SM was 10th with his best height of 2.08m.

**Owen Smith** 400m SM was 6th with 46.78.

**Ffion Price** 1500mSW was 8th with 4.20.42.

**Chartlotte Arter** 5km SW was 4th in 16.12.07, another fine result, against top British endurance runners.

**Sarah Omorigie** Shot Putt, was 6th in the SW event, with her best throw of 13.82m. Sarah was lead U20 thrower in event

**Rebecca Chapman** Long Jump, was 12th with her best jump of 6.11m.

All competitors competing in finals, besides those on podium, Gold. Silver and Bronze, athletes making the first 8 in events, is considered a good performance.

Selection for GB U23 and Senior teams will be confirmed later in week.

## [England Athletics Championships](http://www.cardiffaac.org/news/englandathleticschampionshipsu23u20.htm) Friday 29 June 2018



The England Athletics event for U23, U20, and U18 male and female athletes, was held in Bedford 16/17th June. The event is open to Celtic athletes, thus is a British Championship event. Standards of competition are very high. The Bedford event is also Trial competitions for Great Britain teams in European Championships at U18. U20 and U23 age groups. Athletes besides finishing on the podium at Bedford, must also have achieved the standards set in their events, in order to gain selection to GB teams.

A number of Cardiff athletes were successful at Bedford with podium places.

**U23**

**Joseph Reid** 800m 1.51.89 1st in a tactical race. Joseph finished the fastest down finishing straight.

**Jac Palmer** Hammer Throw 67.29m 1st. Jac continued his fine current form in retaining his title won in 2017.

**Richard Dangerfield** Javelin Throw 60.05m 3rd.

**U20**

**Jake Heyward** 1500m 3.54.04 1st. Jake won all three titles in U20 age group. Next year he will be in U23 age group.

**James Vincent** 3km 9.22.54 1st. James won a tactical race with a 56secs last lap, to win his first National title.

**Sarah Omorgie** SP 14.22 1st.

**U18**

**Jay Morse** Discus Throw 55.48m 1st.

**Great Britain European team selections**

 **Jake Heyward**has been selected in 1500m having gained qualifying standard for GB team in World U20 Championships, held in Tampere, Finland, 10th to 15th July.

**Jay Morse** has been selected for the GB team in the European Youth (U18) Championships, held in Gyor, Hungary 5th to 8th July.

**Kiara Frizelle** 3km, has been selected for GB U18 team, subject to fitness, having gained the 3km qualifying standard.

## [Cardiff AAC Young Throwers](http://www.cardiffaac.org/news/cardiffaacyoungthrowers.htm) Friday 29 June 2018



On Tuesday 19th June the 3rd meeting of the 2018 series Cardiff AAC Young Throwers Invitational Competions took place. It started last year as a developmental platform for young throwers in Cardiff AAC, in order to hone their skills, and provide more local meetings.

The initial competition in August 2017 involved 11 competitors in Hammer and Discus events. The latest event attracted a total of 24 competitors in Discus, Hammer and Javelin events.

A number of standout performances were noted during the evening. All Cardiff athletes unless stated

**Ethan Witchell** Discus U13B 33.19m personal best, a new U13B Club record, and No1 ranked in UK.

**Cassey Grimwade** DiscusU17W 33.15m personal best, and ranked No1 in U17W Wales as a first year U17W.

Ella Lyons, Discus U13G 19.98m a personal best throw.

Leon Gregson, Discus U13B 16.97m a personal best throw.

Lily Gregson, Discus U15G 25.85m.  Javelin 34.51m, both throws were personal best.

Harry Hillman, Discus U23M 35.25m . Javelin  34.51m, both throws were personal bests.

Beb Hillman, Discus U17M 30.84m a personal best throw.

Toks Akanbi (Rhymney Valley AAC) Javelin U15B 23.74m, a personal best throw.

We would like to thank Aled Sion Davies, Para Olympian (Gold Medalist) F42 Discus and Shot Putt. Brett Morse, London 2012 Discus Olympian and youngest ever World Championship finalist. Adele Nicoll, current British Universities and Welsh National Shot Putt Champion, for competing with oyr young throwers. All three threw to a high standard, with Brett Morse throwing 61.71m his furthest competitive throw for over two years.

Thanks go to all the officials, organisers, parents and volunteers, for yet another successful and enjoyable competition. That without their continued help and support, would not take place.

## [Cardiff Runners in Europe & USA](http://www.cardiffaac.org/news/cardiffrunnersineuropeandusa.htm) Tuesday 26 June 2018



During the month of June, Welsh Athletics sent a number of small teams to events in Europe, for experience in European competition. The experience will help those athletes, who will be competing in the England U23 and U20 Championships. And British Athletics Seniors Trial competitions, held over this coming weekend of 30th June and 1st July in Birmingham.

**Geneva, Switzerland 9th June.**

Cardiff's Sam Gordon was 5th in 100m with 10.56secs. Owen Smith was 6th in heat of 400m with 46.72secs. James Vincent was 5th in the senior mens 1500m, with a new personal best time of 3.53.1secs

**Leiden, Netherlands 9th June**

In the 3000m s/c Cardiff's Ieuan Thomas was 2nd with a new personal best time of 8.30.16, his time meets the British Athletics time standard, in 3km s/c for the European Senior Championships, to be held in Berlin/Glasgow from 2nd to 12th of August.

**New York, USA 9th June**

Cardiff's Charlotte Arter competed in the New York Road Runners 10km road race, around the streets of New York. Charlotte's race included a star loaded field of international 10km runners. Charlotte was 9th with 33.09 mins. Another good result, and experience for Charlotte.

## [Cardiff AAC Throwers, in Portugal](http://www.cardiffaac.org/news/almadaportugal.htm) Friday 22 June 2

## 018



A small Welsh team of young throwers were invited to an International Throwing competition held in Almada Portugal. Throwers U23 and U20 competed against throwers from Denmark, Portugal and Spain.

Cardiff's Jac Palmer (U23) Hammer, best throw of 68.23m was a pb, a new club record, and is the third ranked (U23) in UK.

Jay Morse competed in Discus event as guest (U18) in Abrantes Portugal, a competition between Portugal and Spain. Jay's  best Discus throw of 57.44m was a pb, and a European Youth Qualifing standard, for European U18 Championships later this year.

Ffion Palmer competed in Hammer in same event at Abrantes, with her best throw of 48.22m.

## [Oslo, Norway](http://www.cardiffaac.org/news/oslonorway.htm) Wednesday 20 June 2018



In the IAAF Diamond League, Bislett Games 1500m on 7th June. Jake Heyward finished 9th in the senior men's race, running 3.39.84. Jakes time is the third ranked of all time on the UK U20M 1500m list. A new Welsh U20M record, and broke his existing club record by 3secs.

The IAAF World U20 Championships take place in Tampere Finland 10th July to 15th July 20 days to go. Competition will be extremely tough in 1500m, from African runners, and others including from Jakes European 1500m rival Jakob Ingebrickson Norway who was 3rd in same race in Oslo finishing 3rd in 3.36.06 a 3secs improvement, and stays No1 ranked U20M 1500m in Europe.

Looking at the current IAAF U20M 1500m ranking list. Leader Ethopian 3.31.63 2nd/3rd 3.34, 4th 3.35 are Kenyans and Ethopians. Jakob has 5th best time. Watching Jakes race on TV could see he can easily run fastest than in Oslo. Championship races are totally different to races, where time is the important thing, like BMC meeting in UK. Tactics are important especially in heat races.

Jake has a great record in Championship racing, will be interesting to see how he gets on, good luck Jake.

## [Welsh Senior League](http://www.cardiffaac.org/news/welshseniorleague.htm) Sunday 17 June 2018



Match 3 of the Welsh SL was held in Swansea in warm breezy conditions. The Welsh SL includes U17/U20/SM/SW athletes taking part in events. There have also been 8 non scoring athletes taking part in Welsh SL from outside Wales, representing clubs not in Welsh SL.

At Swansea, 9 clubs closed teams. Once again Swansea (1st) 54 athletes, Cardiff (2nd) 45 athletes taking part, dominated team positions. Athletes taking part in league events are under no pressure, thus is good for younger athletes development, to try other events, or senior athletes with further competitions within easy reach in South Wales.

Cardiff's Larry Ryan U20 won the 3km in 8.49.27 breaking the Welsh SL U20 (2010) record.  Rebecca Chapman followed up her UKAWL LJ winning 6.30 performance, improving to another winning performance with 6.36 a Welsh SL SW record, previously held by Cardiff's Gillian Regan (6.18) 1981. Jac Palmer in SM Hammer, winning throw of 66.55. broke a 5 year old SM League record by Cardiff's Matthew Richards 64.17 (2013).

Cardiff had 23 under 17 athletes, 12 male, and 11 females taking part in track and field events, some achieved pb results, or gained more experience in competing in competitive events.

During Welsh League match results are live, so interested people not at events can see results almost immediately, as in other competitions. While Vinco Run Track And Jump, stream live TV of many athletic events including BMC, BUCS, and England Open U20/U23 Championships on this weekend.

Athletes or parents use FB, Twitter, or message apps with pictures and results from events, as they happen. An example of how technology is used with smart phones etc., this has improved athletic communications. Examples can be seen our club FB site.

Match 3 Team Results

1.   Swansea H                       998pts

2.   Cardiff AAC                      777pts

3.   Brecon AC                        498pts

4.   Pembroke H                     292pts

5.   Neath H                           243pts

6.   Cardiff Archers                 230pts

7.   Carmarthen H                  184pts

8.   Newport H                       143pts

9.   Run4All Neath                   56pts

[**Welsh Junior League**](http://www.cardiffaac.org/news/welshjuniorleague.htm) **Wednesday 13 June 2018**



On another very warm day, the second Welsh Junior League match took place at Cardiff Met Uni track, home to Cardiff Archers team. In a close match with some good results from Cardiff team members, highlight was the U15B 4x100 Relay team winning their race in a new League and club record of 46.44. Unfortunately there are no Welsh or National records for this age group.

Relay team. Ben Vincent, Thomas Charles, Luca Logue Fomseca, Lewis Rochfort Shugar.

In Power of 10 ranking list, their time is ranked 2nd in UK. Well done boys, and Team Manager Mark Vincent.

The League title is a two horse race between Cardiif Archers and our club. The Welsh JL includes U11, U13, and U15 male and female age groups. In past seasons the club struggled to field teams in U11 and U13 age groups, that has changed with pro active club team managers now able to field stronger teams, closing the points gap between our team and the Archers, who are very strong in these age groups.

To meet the demands of club members in the  U11 and U13 age groups means annual recruitment into our club Academy is very important, with the emphasis on Academy members, taking part in club competitions. The Welsh JL team is a stepping stone into our YDL teams. Team managers often are parents whose children in club teams, thus means a turn over of team managers, as their children move to other activities, or into older age group club teams. Our club team managers have often appeared in club Heros of the month.

Looking at club teams overall standings, Newport are also strong in WJL who have an academy in sprints and a good middle distance group.

Team positions after 2 meetings:-

Cardiff Archers        2652pts

Cardiff AAC             2593pts

Newport H.             2205pts

Rhymney V.            1825pts

Hereford & CAC       1343pts

Blaennau GAC         1264pts

Cwmbran H.            1142pts

Rhondda AC             528pts

Aberdare VAAC         172pts

One team missing from above list is Barry H, who have had major problems with their facilities at Jenner Park.

## [UKAWL Match 1](http://www.cardiffaac.org/news/ukawlmatch1.htm) Friday 8 June 2018



Cardiff's Womans team appeared with our BAL mens team in Cardiff International Sports Campus. Sharon Heveran Team manager reported before the match that Cardiff had a strong team, Sharon was proved right with our womans team winning the opening match by 20pts. the team was a mix of experienced senior athletes and youthful members of club. An example was in the 1500m with Ffion Price SW winning A race in 4.23.97, and U20 Kiara Frizell winning B race in 4.31.61. Rebecca Chapman Commonwealth Games athlete, won the long in a seasons best of 6.30. Sally Peake joined Cardiff from Birchfield Harriers, won the Pole Vault 4.00, and Megan Hodgson 1st in B PV. Sally Peake also came second in the Triple Jump A 11.32, with Eliza Durall 2nd in B Triple Jump in 10.42. Another example of youth and experience athletes was in the 3km with U20 A runner Abi Fisher 3rd, and senior woman Lucy Marland winning B race in 10.05.27. Lucy is returning to competitive running following a long injury issue.

Charlotte Wingfield had a busy day 3rd A 100m, 200m A 1st and member of 2nd place 4x100 team. In high jump more good team points were earned with A High Jump 2nd Hannah Tapley 1.70, and Lauren Evans 1st in B High Jump. So it is easy to see that many good team points were being achieved across many events.

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The womens team were affected like our mens team with injuries, and good athletes unavailable due to competing in events abroad. The team has 2 remaining matches in league this season, they just missed promotion last year, so winning the first meeting, gives a great boost to team.

Sharon will do her best to turn out a good team in the next fixture on the 8th July at Crawley, London. Another good result at Crawley, will put them in a great place for the final fixture on the 5th August, at Sports City, Manchester.

## [BAL Match 2](http://www.cardiffaac.org/news/balmatch2.htm) Tuesday 5 June 2018



Following the teams fine 3rd place in the first meeting, expectations were for a similar result at our home fixture, unfortunately that was not the case, prior to meeting the team was missing a number athletes, but still hoped to finish in top 4 teams. Our 6th place team finish means that the next fixture in Bedford on 7th July, will be key to consolodate the teams position in the Premier League. Hence a good team turn out for match will be necessary.

The match was held in beautiful warm weather, with the Paracute display Unit dropping onto stadium infield as planned at 11am before the meeting started. Besides the usual food and drinks units at stadium, the Welsh Guards had a stand, and there were units for use by children. Many people sat on the grass at the Dome end of stadium, enjoying the weather and as usual, the water jump in the steeple chase races.

The match included the UKAWL Division 1 teams, that included our senior womens team. It was an added bonus for spectators with so much action happening throughout the meeting.

## [YDL Upper Midland Premier](http://www.cardiffaac.org/news/ydlu2017team.htm) Wednesday 30 May 2018



Last Sunday started with rain, then cloudy and humid, finally we had warm sunshine with a breezy wind, that affected sprinters times. After finishing 2nd in their first meeting at Swansea, Cardiff's Team won their home fixture, beating 2nd placed Avon by 41pts.To organise the event prior to meeting requires a lot of work by team managers Debbie Bull and Jen Stone. To hold the event, requires graded officials, volunteers including parents, in order to make the meeting a success.

There were many fine performances on the day, too many to single out athletes, the exception being the U20W 4x100 relay team who broke the club record recording 49.38. Team. Seren Wenham: Hannah Longden: Nia Grundy: Issie Tustin.

Cardiff and Avon teams are equal on 11pts with Avon holding 1st place due having the most team points over the 2 fixtures. Of the 6 teams in the League, 3 teams are compositive teams made up from clubs within the areas of Avon, Devon and Corwall and West Wales, leaving the remaining club teams of Cardiff, Cheltenham and Swansea to compete against them.

Both Cardiff's YDL are what they say, they are development teams leading from U11's to Under 20s athletes. The younger age group team is about fun, learning about their event(s) and being able to compete in competitions. The older age group YDL team takes place when education is at a key time in athletes lives, with exams clashing with team meetings. The U20/17 team is also a lead into senior athletics that start at 20,with the U23 age group.

[The official results can be seen here.](http://www.cardiffaac.org/files/YDL2%20May%20results%20jpg.pdf)

## [British 10km Champioships](http://www.cardiffaac.org/news/british10kmchampioships.htm) Thursday 24 May 2018



Last Saturday the Highgate Harriers Night of 10,000m PB's included the British Championships, with qualifying times for the European Championships in Berlin, August 2nd to 11th. Top UK class runners taking part in races, had the qualifing standards in mind.

Following her recent good race results, Charlotte Arter continued her success by winning the British Womens 10,000m title, her first British track title, Her time of 32.15.71 was well within the European Championships womens qualifying standard. Charlotte interviewed after the race, said the pace maker went off too fast, only two European runners followed the pace maker. Charlotte stayed with the main group until 5km, then speeded up, solo running the next 5km, taking her 100m clear of the main group, runnig her last 1km faster than the 1st and 2nd placed Europeans in front of her. Charlotte said the loves running in this event, the crowd support was fantastic, I'm really happy.

## [YDL Upper Midland Premier](http://www.cardiffaac.org/news/ydluppermidlandpremier.htm) Monday 14 May 2018



Team Managers Debbie Bull U20/17 (Men), and Jen Stone (Women). Debbie Bull reported a great start to the 2018 campaign, with many new faces joining forces with the more established members of the team. in Match 1 at Swansea on the 29th April. A lovely sunny morning turned bitterly cold later in day. Time delays to the match timetable, unfortunately cost us team points, as some athletes weren't able to make their events.

However a massive well done to those that stepped up at short notice, to help the team out in the relays races. Well done you did us all proud.

Thanks to all officials and parents who helped us on the day, much appreciated as always.

Cardiff YDL U20/17 Team in finishing in second place, was only beaten by the combined clubs of Team Avon second, Team Devon & Cornwall third, West Wales team 4th, with Swansea H fifth, and Cheltenham sixth. This team is a staging post to senior athletics, thus is a very important club team.

## [BAL](http://www.cardiffaac.org/news/bal.htm) Friday 11 May 2018



Our Senior Men BAL team, and Senior Women UKWAL team are the flagship teams in our club. Taking on the best Track & Field athletes and teams in the UK. Competition is of the highest standard in many events. Thus points are hard won.

Cardiff Senior Men's team has returned to the Premier League after being relegated in 2014. The event was held in Leigh west of Greater Manchester, yet host club is from Sheffield. The date clashed with BUCS and a Welsh Championship 5km road race in Cardiff. Thus a weakened team went to Leigh fearing the worse. Other clubs were affected by BUCS resulting in Cardiff finishing in 3rd place, we would do well in getting the same result in Cardiff next month.

Team members on the track scored 176pts while on the field 104pts were scored. Three team members won first place. Joe Reid 800m (A) 1.52.45, Brett Morse Discus Throw (A) 58.62. Chinua Ebereonwu High Jump (B) 1.85. Sam Blake was 2nd in (B) 800m 1.52.32. Curtis Matthews supported Brett in field events 1st in (B) Discus Throw 44.31.

In the relay race 4x100 the Cardiff team were 3rd in 41.94, and the 4x400 Cardiff were 4th in 3.13.37. Both relay teams achieved very respectable times.

The next event is in Cardiff on Saturday 2nd June, when competition will at a far higher standard across all events, as other clubs BUCS athletes return to strengthen their teams. It will an opportunity for young athletes an dparents to see top class athletics.

NOTE: Our club UKWAL Senior Womens team in Division 1, will be competing in Cardiff with Our senior Men's BAL team. The UKWAL league consists of 3 matches, so every match team result is so important. Our ladies only just missed out on promotion to the UKWAL Premier League in 2017 and will trying to make it this season.

The club celebrates it's 50th this season, our club was formed in 1968, so if we have a good team turn out and a performance to celebrate, we can look forward to Club Celebration Dinner this winter. Look out for further notice and information on event.

 MENS TEAM POSITIONS

1. Birchfield Harriers

2. Sheffield & Dearne AC

3. Cardiff AAC

4. Shaftesbury Barnet Harriers

5. Thames Valley Harriers

6. Woodford Green w Essex Ladies

7. Newham & Essex Beagles AC

8. Swansea Harriers

 [**Academy Notice**](http://www.cardiffaac.org/news/academynotice.htm) **Tuesday 8 May 2018**



Please note, there is no Academy training this week.

Academy training will be back to normal week beginning Monday 14th May.

Kind regards

Academy Staff

## [Cardiff Road Running](http://www.cardiffaac.org/news/cardiffroadrunning.htm) Sunday 6 May 2018



Cardiff's Charlotte Arter has had more great success on the Road racing  scene. In April Charlottle won the Brighton 10km in 32.17 the secord fastest time in UK. In the same event Cardiff's Dan Nash was secord in his first marathon in 2.22.55 presently ranked 7th in UK ranking list.

Yesterday evening in Whitchurch, Cardiff. Charlotte won the Welsh 5km title in 15.40 a course record, her time was only 1 sec off the Welsh record, for 5km women road times.

In same meeting at Whitchurch, following his win in the Newport 10km Ieuan Thomas was 2nd in the men's race, with Tom Marshall 4th. Mens race was won by Jon Hopkins of Swansea. There was a strong group of Cardiff runners taking part in race.

## [Club Web Site](http://www.cardiffaac.org/news/clubwebsite.htm) Friday 4 May 2018



Since last March have been operating the club web with assistance from John Lister the web master over the last 10yrs. My main role in athletics is coaching (Paul Darney Level 4 MD Performance Coach). When approached by John to take on the web site reports etc., agreed if John gave me his support, especially when he gave me a 37 page web manual.

Eventually started in March, and into April. However since the last news report (15th April) have experienced problems with the operating system. Met John, and we have a short term solution. To resolve situation, will mean making changes in the operating system, and the current web design could be up graded, this will not affect web continuing to operate, while any changes are made.

## [Academy Competitions](http://www.cardiffaac.org/news/academycompetitions.htm) Sunday 15 April 2018



The club's Track and Field (T&F) season starts next Saturday, 21st April at Swansea, with the Youth Development League (YDL)for (U13/U15) age groups.

Last Thursday during Academy 6pm to 7pm time, a number of open competitive events were held. Weather was dry with a chilly eastly wind. Our club hopes athletes and parents enjoyed the evening, and look forward to the coming T&F season.

The evening competitions was successful, with 55 young athletes taking part in running, jumping and throwing competitions. Besides club coaches and officials, helping to organise various competitions, athletes parents also helped with officiating at events as well.

 

The competition will help club Team Managers with team selection, and also raised their profile with athletes and their parents.

Besides the YDL, the competitions held last Thursday will help club Team Managers with selection of our Welsh Junior League team in U15/U13/U11 age groups. The first Welsh Junior League competition takes place on the 5th May at Hereford.

Thank you to all concerned, who helped to make the evening a success, without you the competitions could not have taken place.

## [Commonwealth Games](http://www.cardiffaac.org/news/commomwealthgames.htm) Sunday 8 April 2018



Cardiff's Bethan Davies secured a BRONZE Medal in the 20km Womens Walk today. Australia Gold Coast Athletics, on Currumbin Beach Front was the scene for the first athletic events of the 2018 Commonwealth Games. Bethan's last race before going to Australia was in Lugano, Switzerland finishing 3rd in very cold weather.

Todays race was held in hot and humid conditions. Bethan was in 4th place for much of the race, but the race leader Claire Tallent (Australia) already on 2 (RED) cards, in making her final effort to win race, was (RED) carded for third time, and disqualified, 2km from finish.

After the race, Bethan said, she was aware that walkers in front had a few (RED) cards, and kept to her pace, just doing her own thing, and hoped someone in front came unstuck, and they did.

## [World Half Marathon, Spain](http://www.cardiffaac.org/news/worldhalfmarathonvalenciaspain.htm) Tuesday 27 March 2018



Cardiff's Charlotte Arter was part of a Great Britain team of 6 ladies taking part in World Half Marathon Champioships, held in Valencia, Spain last Sunday. The same event was held in Cardiff 2016.

Charlotte qualified for GB team, by finishing 3rd in the trial race on 3rd March. Following her selection Charlottee (coached by Chris Jones) said her aim in race, was to be in first three GB runners to finish race. That's exactly what Charlotte did, finishing 2nd GB runner in 71.52 (31st). Her time was down on her trial race, however race report said, all runners had to face a strong wind against them, for first half of the race.

Charlotte is now eligible to compete for Wales, achieved by her residency time living in Wales.

## [Cardiff Invitational Hammer & Discus Competition](http://www.cardiffaac.org/news/cardiffinvitationalhammeranddiscuscompetition.htm) Friday 23 March

## 2018



A series of **Hammer & Discus events** are to be held at **Cardiff International Sports Campus**. Events will be held during the coming season, from **April to October**. Competitors taking part, **will be by invitational only**. Anyone interested in taking part in these events, should please contact **Lisa Grimwade** via email lisagrimwade@yahoo.com giving their name and contact details, including their telephone number, and for further details of events.

**Invitations will be sent out on a fair rotational basis. Note that events will be held on evenings**, **numbers taking part will be limited** **due to fading light, especially towards end of summer season.**

**Dates of competitions are:**

**Tuesday  April 10th**

**Tuesday  May 15th**

**Tuesday  July  3rd**

**Tuesday  August 7th**

**Tueday   September 12th**

**Tuesday  October 2nd**

Should athletes be interested in taking part in Hammer & Discus events on above dates. Please contact Lisa asap, due to events being invitational only, with first fixture date less than 3 weeks away.

## [YATE & District AC](http://www.cardiffaac.org/news/yateanddistrictac.htm) Wednesday 21 March 2018

Despite the snow and bitter eastly wind over the weekend, and up to last night. Spring is around the corner, with clocks going forward an hour on Saturday night. The first **OPEN MEETING for Throws & Jumps meeting,** takes place at Yate & District club, on Saturday 24th March.

**Provisional event start time.**

**THROWS:**

**11.30am.   HAMMER**

**12.00pm.   HIGH JUMP**

**1.00pm.   DISCUS**

**2.30pm.   JAVELIN**

**3.30pm.   SHOT**

**JUMPS:**

**12.00pm    HIGH JUMP**

**1.30pm.   LONG JUMP**

**12.00pm    POLE VAULT** **(PV Warm up from 11.15am).**

 **Note: PV may be split into two competitions.  TBA via email prior to day of competition.**

**Electronic Distance Measurement (EDM) for all long throws.**

**Number of throws dependant on volume of entries (min of 4, maximum of 6).**

**Age groups: U13/U15/U17**

**Adance entries: £3.50 per event. £7 for more than one event. (maximum of 3 events).**

**Advance entry, please download the entry form and email to** **yateacopen@gmail.com**

**Please check website (**[**www.yateanddistrictac.co.uk**](http://www.yateanddistrictac.co.uk/)**) for availability of on the day entries.**

## [Lugano Trophy Lugano Italy](http://www.cardiffaac.org/news/luganotrophyitaly.htm) Sunday 18 March 2018



Cardiff's Bethan Davies in finishing 3rd in 20km walk in Lugano, broke her personal best time by 1min 11 seconds. Bethan’s walk of 1hr 31.53secs is Number 2 on the UK All time list, for Womens 20km walk.

Bethan will go next month to Commonwealth Games in Australia with a realistic chance of winning a medal in 20km Walk. The Commonwealth Games athletic events, start than less than a months time. Bethan's walk result will give her a huge boost in confidence, going into 20km walk in Australia.

## [UK CAU Inter Counties XC](http://www.cardiffaac.org/news/ukcauintercountiesxc.htm) Saturday 17 March 2018



This years event was again held at Loughborough. Day was dry, but ground soaked from thawing snow, with pools of water around course. The event also incorporated the conclusion of the XChallenge xc series of five races, with best three race results counting towards prizes. Majority of runners in races represented their County teams, seeking individual medals, or team medals.

Cardiff's runners had some excellent results. James Hunt 6th in senior men, against top class UK senior men opposition.

Jake Heyward 3rd in U20M was an excellent result, after running 3.43.35 (i) 1500m, showing his racing talent on and off track. Jake also won XChallenge overall U20 title. First in Cardiff last October, fourth on another muddy course at Liverpool last November, to add to his third place at Loughborough.

Abigail Fisher had another excellent result 15th U17W just three days following her win at Brecon. Surely with more rest days, her position in race would have surely led to a higher position in race.

## [European U23 Throwing Cup](http://www.cardiffaac.org/news/europeanu23throwingcupportugal2018.htm) Saturday 10 March 2018



Sarah Omoregie (U20W) took part in the European U23 Throwing Cup, held in Leiria, Portugal. Sarah's last throw was a huge pb of 15.09m (previous pb 14.12m in 2017). placing her 7th in the competition. Sarah's throw leads 2018 UK U20 Shot Putt ranking list.

In the same competition in Portugal. Jac Palmer U23, took part in the Hammer competition, his best throw of 64.85m, was near his seasons best of 64.90m. Jac finished 8th in competition.

## [GB vest for Charlotte](http://www.cardiffaac.org/news/gbvestforcharlotte.htm) Friday 9 March 2018



Cardiff's Charlotte Arter has been named in a full team of 10 set to represent British Athletics at the IAAF World Half Marathon Championships in Valencia Spain, on Saturday 24th March 2018.

Charlotte (Cardiff AAC) coached by Chris Jones ran a PB of 71.31 for 3rd place (Bronze medal) in last Sunday's Big Half Marathon to seal her place in GB team.

## [Welsh Schools XC Championships 2018](http://www.cardiffaac.org/news/welshschoolsxcchampionships2018xc.htm) Wednesday 7 March 2018



Despite the beast from the East, a thaw a few days before race date meant the event could go ahead. Weather was dry and cold Due to thaw, ground was heavy going for runners, on what is a hilly tough course at Brecon.

The school races besides first 3 runners gaining individual medals, there were opportunities for runners finishing in first 8 places in Senior and Middle age groups. Selection for Welsh school teams, takes place following each Senior and Middle races.               Schools international SIAB xc races, takes place in Nottingham on 24th March.

**Cardiff's James Vincent won the Senior Boys title. and**

**Abigail Fisher won the Senior Girls title.**

**Cardiff's  individual medalists.**

**Senior Boys:**

James Vincent (Gold).

**Senior Girls:**

Abigail Fisher (Gold).

**Middle Boys:**

Louis Spencer (Silver).

**Middle Girls:**

Nia Clatworthy (Silver).

**Cardiff'a SIAB team members are:**

**Senior Boys:**

James Vincent, Larry Ryan, Morgan James.

**Senior Girls:**

Abigail Fisher, Kiara Frizelle, Gracie Wheeler, Naomi Reid, Megan Bowen, Laura Wright.

**Middle Boys:**

Louis Spencer.

**Middle Girls:**

Nia Clatworthy.

Senior Girls Welsh SIAB team. Cardiff's runners have 6 out of 8 team members. Cardiff have 11 runners in SIAB teams, with Cardiff's Carys Bill. Senior Girls, is first reserve.

Well done to all above as well as other Cardiff runners taking part in Year 7 and Junior races.

## [Stadium open again](http://www.cardiffaac.org/news/stadiumopenagain.htm) Monday 5 March 2018



Cardiff International Sports Campus is open again and back to normal.

Hope you all enjoyed the snow.

## [STADIUM CLOSED](http://www.cardiffaac.org/news/stadiumclosedxc.htm) Friday 2 March 2018



Because of the weather warnings, Cardiff International Sports Campus is closed.

The Gwent Cross Country League in Bristol on Saturday and the Welsh Indoor International in Cardiff on Sunday have both been cancelled.

The re-opening of the stadium will depend on the weather and a further announcement will be made.

Watch this space.

## [Indoor gold for Sarah](http://www.cardiffaac.org/news/indoorgoldforsarah.htm) Tuesday 27 February 2018



Whilst the cross country runners were enduring the cold, other Cardiff athletes were competing indoors at the national junior age group championships held in Sheffield over the weekend.

Pride of place went to Sarah Omoregie with her gold medal in the under 20 women's shot put while Emmanuella Kone, Jacob Reynolds and Jeremiah Azu all won silver.

Sarah's winning shot put distance of 14.75 was close to her personal best set the week before when she was fourth in the British senior championships in Birmingham.

Emmanuella won her heat of the under 17 women's 60m in 7.81 and improved to 7.73 in the final for second place.

In the under 20 men's 60m, Jeremiah, who is not yet 17 and was competing against athletes up to two years older, won both his heat and semi final before placing second in the final.

Cardiff's fourth medallist was Jacob Reynolds who took the silver medal in the under 15 boys' 800m.

Jacob's older brother Ben just missed out on a medal, finishing fourth in the under 17 boys' 1500m.

Also taking fourth place, in the under 15 boys' long jump, was Ben Vincent, who produced a personal best distance of 5.92m.

Even for those who did not reach the podium, taking part in competitions such as these, against the best in Britain, is extremely valuable and well worth the trip.

[**The official results can be seen here.**](https://resultsengland.athletics-uk.org/default.asp)

## [BIg win for James](http://www.cardiffaac.org/news/bigwinforjames.htm) Sunday 25 February 2018



A cold but glorious day with a clear blue sky and a light breeze provided perfect conditions for the Welsh cross country championships at Singleton Park, Swansea, yesterday.

And Cardiff's James Hunt took full advantage of the conditions to race to a convincing win in the senior men's race and claim his first senior championship title. Along with Dan Nash, who took the bronze medal, James was in the leading group from the gun and, when pre-race favourite Dewi Griffiths was forced to drop out, took control of the race and was never headed.

Overall it was a highly successful day for Cardiff with individual or team medals in most of the age groups.

Individual gold medallists were Abi Fisher (a clear winner in the under 17 women's race), Larry Ryan, finally overhauling Morgan James with only a few hundred metres to go after Morgan had led from the gun in the under 17 men's race, and Megan Bowen, making a welcome return to competition after a long layoff, in the under 20 women's event.

Team medals went to the under 17 women (gold and bronze), under 17 men (gold), senior women (silver) under 15 girls (bronze) and under 13 boys (bronze).

**The results of each age group were:**

**Senior Men:**
Individuals: James Hunt (gold); Dan Nash (bronze).

**Senior Women:**
Team: Clara Evans; Emily Brown; Heddwen Daniel; Liz Davies. Silver.

**Under 20 Men:**
Best performer: Joe Crutchley (4th)

**Under 20 Women:**
Individual: Megan Bowen (gold); Laura Wright (bronze).

**Under 17 Men:**
Individual: Larry Ryan (gold); Morgan James (silver).
Team: Larry Ryan; Morgan James: Iestyn Edwards; Keith Harold; Gold.

**Under 17 Women:**
Individual: Abi Fisher (gold); Gracie Wheeler (silver).
Team: A team - Abi Fisher; Gracie Wheeler; Megan Bowen; Laura Wright. Gold.
          B team - Rhian Jones; Elin Williams; Geotgia Cole; Caitlin Chapman. Bronze.

**Under 15 Boys:**
Individual: Lloyd Sheppard (bronze).
Team: Lloyd Sheppard; Jac Hockenhull; Salman Megag; Cian Ralphs. Bronze.

**Under 15 Girls:**
Team: Nia Clatworthy; Lili Jones; Bethany Gold; Megan Friedli. Bronze.

**Under 13 Boys:**
Team: Ben Macey; Ben Hughes; Henry Spencer; Joseph Joyce. Bronze.

**Under 13 Girls:**
Best performer: Jemima Robinson (9th).

**Primary Boys:**
Best performer: Joshua Sanders (16th)

**Primary Girls:**
Best performer: Alice Davies (9th)

[**The official results can be seen here.**](http://results.welshathletics.org/)

## [GB vest for Owen](http://www.cardiffaac.org/news/gbvestforowen.htm) Wednesday 21 February 2018



Cardiff's Owen Smith, enjoying a run of fine form, has been selected to represent Great Britain in the 4x400m relay at the IAAF World Indoor Championships in Birmingham from the 2nd to 4th March.

Ranked second in the UK with the 47.03 he clocked in Vienna on 18th February, Owen should be in the final line-up for the 4x400m that is scheduled as the traditional finale to the championships.

"I was over the moon to get the call" said Owen "making the team has been a target for me since the start of the season, so after the frustrations of the weekend, its a real relief to know all the hardwork has paid off and I'm on the team. I've been competing against the other guys on the team, but it will be cool to now pull on my first senior British vest and run with them. I'm really looking forward now to competing next weekend at the Glasgow Grand Prix in a really top class field, and then preparing for the World Championships."

Congratulations to Owen and good luck.

## [Bethan walks it](http://www.cardiffaac.org/news/bethanwalksitcv.htm) Sunday 18 February 2018



Leading from the gun, Cardiff's Bethan Davies lapped every other athlete in the race to win the gold medal in the 5,000m walk at the British Athletics indoor championships in Birmingham today in a time of 21:25.37.

The dominant athlete in the race, Bethan set an inaugural indoor British record for the distance and was less than four seconds outside her outdoor best, showing excellent form in preparation for the Commonwealth Games in April.

Competing in the senior women's shot put, Sarah Omoregie produced a big personal best of 14.88m and a new Welsh junior record to take fourth place.

Having done well to make the 800m final, Joe Reid found the pace too hot and finished sixth.

Elsewhere, Matt Clowes overcame difficult weather conditions to win the Llanalli half marathon and continue his preparation for the London Marathon in April. Clara Evans was second in the ladies' race.

## [UK bronzes for Sam and Tom](http://www.cardiffaac.org/news/ukbronzesforsamandtom.htm) Saturday 17 February 2018



Bronze medals were won today by Cardiff's Sam Gordon and Tom Marshall at the British Athletics indoor championships in Birmingham.

Athlete of the month Sam's bronze was in the 60m where he set a new personal best time of 6.67 in both the semi-final and final; while Tom set a season's best of 3:47.52 in the 1500m.

In the 60m final, despite a slower start, Sam came from behind to again beat Harry Aikines-Aryeetey into fourth place.

Tom Marshall set the early pace in the 1500m and finished well to take the bronze. Jake Heyward ran a steady race for sixth place in an indoor personal best time of 3:49.26.

In the 800m, Joe Reid qualified for tomorrow's final in an indoor personal best time of 1:50.39.

Aled Davies, competing in an able-bodied championship, produced a personal best with the 16lb shot of 15.42m for sixth place

## [Cardiff third in Armagh](http://www.cardiffaac.org/news/cardiffthirdinarmagh.htm) Friday 16 February 2018



Cardiff's men took third place in the Armagh 5k road races last night, with Swansea first.

Matt Clowes (13th), Carwyn Jones (38th), James Hunt (59th) and Ciaran Lewis (71st) were the scoring four, Mike Kallenberg having fallen and was unable to finish.

In the ladies' 3k, Kiara Frizelle (29th in the race) was the first junior to finish and Abi Fisher (37th in the race) was the third junior to finish.

## [Fourth Gwent League](http://www.cardiffaac.org/news/fourthgwentleague.htm) Monday 12 February 2018



The fourth round of the 2017-18 Gwent Cross Country League was held at Pontypool Park yesterday in freezing conditions with snow and wind as well as the challenge of the most hilly course that many of the athletes will have encountered.

Although the team was depleted owing to the Welsh indoor junior championships and the Welsh 10k road championship on the same weekend, 56 Cardiff athletes all represented the club with pride and strength; and all of them finished their races when there was a large number who did not, so every Cardiff athlete should hold his or her head high.

Performances of note were:

U11 Girls – Alice Davies 4th

U11 Boys – Josh Sanders 20th

U13 Girls – Jemima Robinson 4th

U13 Boys – Ben Macey 2nd

U15 Girls – Megan Friedli 15th

U15 Boys – Lloyd Shephard 3rd

U17 Men – Iestyn Edwards 17th

U17 Ladies – Carys Bill 5th

U20 Men – Matthew Verran 28th

U20 Ladies – Laura Wright 1st

Senior Men – Ciaran Lewis 8th

Senior Ladies – Clara Evans 1st

It was great to see 21 members of the Academy running and a big thank you to James Gold and Gayle Farrell for walking the course with them, warming them up and ensuring that they all knew what to do at the start and finish. Also thanks to Ruth Wright for managing the U17/20 Ladies and Paul and Rhiannon Edwards and Kay Chapman for administration around the event.

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

The final round of the Gwent League will be on 3rd March at Blaise Castle, Bristol.

## [Welsh junior championships](http://www.cardiffaac.org/news/juniorchampionshipsday1.htm) Sunday 11 February 2018



Cardiff AAC vests were on display yesterday at the first day of the Welsh Athletics junior championships held at Cardiff's NIAC and plenty of championships medals were won including thirteen golds.

The Reynolds brothers achieved a family double with Jacob dominating the under 15 boys' 1500m and then watching older brother Ben score an equally convincing win in the under 17 boys' 1500m, the next race on the track. James Vincent was an easy winner of the under 20 men's 1500 and Jeremiah Azu was a clear winner of the under 20 men's 60m.

James Vincent's brother Ben clinched the other family double, winning his favourite event, the under 15 boys' long jump while Seth Kelly comfortably won the under 20 men's 400m. Harvey Reynolds matched Seth, winning the under 17 men's 400m and Naomi Reid dominated the under 20 women's 800m

Other winners on the track were Emmanuella Kone (under 17 women's 60m) and Gabby Dickinson (under 15 girls' 60m) whilst, in the field, Kristo Ellis won the under 17 men's triple jump, Cameron Pamment the under 20 men's triple jump and Ethan Witchell the under 13 boys' shot put.

Numerous personal best performances were also achieved.

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

**Gold:** Seth Kelly (U20 men's 400m); Harvey Reynolds (U17 men's 400m); Naomi Reid (U20 women's 800m); Jeremiah Azu (U20 men's 60m); Emmanuella Kone (U17 women's 60m); Gabby Dickinson (U15 girls' 60m); Ben Reynolds (U17 men's 1500m); Jacob Reynolds (U15 boys' 1500m); James Vincent (U20 men's 1500m); Ben Vincent (U15 boys' long jump); Kristo Ellis (U17 men's triple jump); Cameron Pamment (U20 men's triple jump); Ethan Witchell (U13 boys' shot put).

**Silver:** Josh Beecher (U13 boys' 60m); Hannah Longden (U20 women's 60m); Aaron Jolly (U17 men's 400m); Lily Gaskin (U17 women's 400m); Nia Clatworthy (U17 women's 800m); Morgan Bayliss (U17 men's 60m); Tom Britt (U20 men's pole vault).

**Bronze:** Iwan Robinson-Booth (U20 men's 60m); Hannah Pachuta (U20 women's 400m); John Bridge (U20 men's 400m); Alana Lea (Under 20 women's 300m); Kristo Ellis (U17 men's 60m); Nia Grundy (U17 women's 60m); Lily Ivins (U17 women's long jump).

**Day 2.**

Cardiff's medal collection continued to grow on the second day, including a second gold for Jeremiah Azu and another family double gold for Ben and Lois Hillman; and further personal bests.

Jeremiah's winning 200m time of 22.00 was a big personal best and puts him at fourth in the latest UK under 20 rankings.

**Cardiff's medallists on day two were:**

**Gold:** Jeremiah Azu (U20 men's 200m); Hannah Longden (U20 women's 200m); Charlie Stockley-Jones (U13 boys' 200m); Josh Beecher (U13 boys' long jump); Ben Hillman (U17 men's 60mH and long jump); Lois Hillman (U20 women's pole vault); Isobel Thomas (U15 girls' pole vault).

**Silver:** Josh Beecher (U13 boys 200m); Lauren Evans (U20 women's 60mH and long jump); Gabby Dickinson (U15 girls' long jump and high jump); Elliot Lewis (U17 men's high jump); Evan Jones (U15 boys' shot put).

**Bronze:** Alana Lea (U15 girls' 200m); Evie Wong (U15 girls' 60mH and long jump); Cameron Pamment (U20 men's 60mH); Lily Ivin (U17 women's 60mH); Caitlin Leggett (U17 women's pole vault).

[**The official results can be seen here.**](http://results.welshathletics.org/)

## [British best for Jake](http://www.cardiffaac.org/news/britishbestforjake.htm) Monday 5 February 2018



Cardiff's Jake Heyward, the current European under 20 1500m champion, broke Ian Stewart's under 20 3000m indoor record at NIAC yesterday.

Jake's time, rounded down to the official 8:00.93, shaved Ian's previous record of 8:01.4 set in 1968.

Ian Stewart went on to become one of Britain's most successful middle distance runners and, with the world junior championships taking place in Finland in July, Jake could not have got 2018 off to a better start.

In the 1000m, Tom Marshall set a Welsh record of 2:21.25, the fastest indoors in the UK this year and also good preparation for the Commonwealth Games.

The women's Welsh championship 3000m was won by Kiara Frizelle with Emily Brown second.

[**The full results from yesterday's event can be seen here.**](http://www.cardiffaac.org/files/Cardiff%20Met%20RESULTS%20GRAND%20PRIX%203%202018.pdf)

## [Grants for eight](http://www.cardiffaac.org/news/grantsforeight.htm) Sunday 4 February 2018



Eight Cardiff AAC athletes have been awarded grants from the Ron Pickering memorial fund in the annual distribution that has been announced.

They are Jake Heyward, Sarah Omoregie, Kristian Jones, Jay Morse, Kiara Frizelle, Jeremiah Azu, Cassey Grimwade and Lana Culliford.

The fund was set up in memory of former Welsh national coach Ron Pickering and supports promising young athletes. In the 26 years since Ron's death the fund has raised and distributed around £2million in grants. Applications for the 2017 awards were at a record high and some £46,000 was allocated as grants.

A very high proportion of the young athletes supported by the fund have gone on to become household names and Olympic and World level athletes. Each of Cardiff's eight recipients has the potential to be successful and we wish them the best of luck.

Further information on the Ron Pickering Memorial Fund, including how to apply for a grant, can be found [**HERE**](http://rpmf.org.uk/)**.**

## [Sam beats Harry for title](http://www.cardiffaac.org/news/sambeatsharryfortitle.htm) Sunday 28 January 2018



Cardiff's Sam Gordon outsprinted GB international Harry Aikines-Aryeetey to win the 60m final in 6.71 at the Welsh Athletics indoor championships at NIAC yesterday; having clocked a personal best of 6.70 in winning his heat. Jeremiah Azu (16), who has shown great form this year, was not overawed by the opposition and came third in the race and took the WA silver medal.

Earlier in the day, Ieuan Thomas and Tom Marshall celebrated their Commonwealth Games team selections with impressive wins in the 1500m and 800m respectively

The championships incorporated 4x200 relays for junior athletes and all four Cardiff teams qualified for the finals which will be held on 4th March, the under 15 boys (Ben Vincent, Jacob Reynolds, Thomas Charles and Luca Logue-Fonseca) and under 15 girls (Gabby Dickinson, Olivia Sugarman, Alana Lea and Darcy John-Cook) winning their heats in particularly impressive style.

In the field events, Jonathan Bailey chalked up another 2m plus clearance to win the Welsh high jump title and Gage Francis took the senior men's triple jump. Simeon Clarence hurt himself going for a big jump in the long jump but had already won the competition although not qualifying for the Welsh title.

**Cardiff's medallists were:**

**Gold:** Hannah Longden (SW 200m); Ieuan Thomas (SM 1500m); Tom Marshall (SM 800m); Sam Gordon (SM 60m); Shani Evans (U20 women's high jump); Jonathan Bailey (SM high jump); Gage Francis (SM triple jump).

**Silver:** Jacob Reynolds (U15 boys 800m); Harry Hillman (SM 60m hurdles); Lauren Evans (SW 60m hurdles); Nia Clatworthy (U17 women's 1500m); Ben Reynolds (U17 men's 800m); Jeremiah Azu (SM 60m); Eliza Durnell (U20 women's triple jump); Sarah Omoregie (SW shot put); Aled Davies (SM shot put).

**Bronze:** Naomi Reid (SW 800m); Isabel Breeden (SW 200m); Heddwen Daniel (SW 1500m); Seth Kelly (SM 400m); James Griffiths (SM 60m); Lauren Evans (SW high jump); Megan Hodgson (SW pole vault - personal best); Lucy Griffiths (SW shot put); Cameron Pamment (U20 men's shot put).

[**The official results can be seen here.**](http://www.cardiffaac.org/files/2018%20Welsh%20Athletics%20Indoor%20Championships%2027th%20January.pdf)

## [Six in Games team](http://www.cardiffaac.org/news/sixingamesteam.htm) Wednesday 24 January 2018



Six Cardiff AAC athletes have been included in the 21-strong athletics team to represent Wales at the Commonwealth Games in April.

Travelling to the Gold Coast will be Tom Marshall (1500m), Rowan Axe (1500m), Ieuan Thomas (3,000m steeplechase), David Omoregie (110m hurdles), Bethan Davies (20k walk) and Rebecca Chapman. (long jump).

Unlucky to be omitted is Curtis Mathews, who was one of the best performers four years ago in Glasgow and has made a successful return to athletics from rugby in 2017, achieving the qualifying standard and a personal best in the decathlon. Also missing out is Olympian Brett Morse despite being ranked third in the UK in 2017 in the discus.

In addition, Kevin Seaward has been selected for the Northern Ireland team.

Congratulations and good luck to all those who have been selected.

Elsewhere, former member Mica Moore has been included in the GB women's bobsleigh team to take part in the Winter Olympics in South Korea.

## [Fifty years as Cardiff AAC](http://www.cardiffaac.org/news/fiftyyearsascardiffaac.htm) Thursday 18 January 2018



The year 2018 marks fifty years since two relatively small clubs joined together to become one of the most important in Britain.

Roath Harriers had been founded in 1882 as a "harrier" club and became one of the leading Welsh clubs. A few other local clubs sprang up in Cardiff, including Birchgrove Harriers in the early 1950s. The two clubs shared Maindy Stadium and, in 1968 decided to amalgamate. Thus Cardiff AAC came into being and the rest is history.

Journalist Terry Phillips has tracked the story of Cardiff AAC and his story can be read on [**DAI SPORT**](http://www.dai-sport.com/half-century-athletics-glory-cardiff-aac/).

The club will be celebrating its 50 year milestone, including an anniversary dinner on 2nd or 3rd November. This should be a great occasion so look out for tickets when they go on sale.

## [Off to Patagonia](http://www.cardiffaac.org/news/offtopatagonia.htm) Monday 15 January 2018



Cardiff's Morgan James (16) has earned himself the experience of a lifetime by gaining selection for a select group of Welsh schoolchildren who will spend two weeks in Patagonia in October later this year.

Patagonia is, of course, a region of Argentina in South America which was settled by Welsh emigrants in the nineteenth century and where Welsh is still spoken.

Morgan, who speaks Welsh and attends school at Cwm Rhymni, was amongst 130 or more from all over Wales who, last September, applied for twenty five places in the group to visit. Seventy five were interviewed in order to pick the final twenty five and each applicant had to explain why he or she wanted to go to Patagonia.

The group will fly to Buenos Aires, capital of Argentina, and then travel on to Patagonia where they will visit primary schools, help with community work and take part in an Eisteddford; when they will be formed into a choir.

The visit is organised annually by the Welsh Youth Movement (Gobaith Cymru) and is part of a programme to maintain cultural links with the Welsh community in Patagonia. It will be both educational and a valuable experience for all those taking part.

In order to be able to take part, Morgan has to find £2,575 to cover the cost of travel, etc. and has already started to organise some fund raising activities. He has opened a website to help with his fund raising and if anyone would like to make a contribution you can find his website at <https://www.gofundme.com/urdd-volunteering-trip-patagonia>.

Morgan is a talented and loyal member of Cardiff AAC and is improving steadily in his events as well as doing extremely well in school. We wish him well with his fundraising and that he will enjoy his trip to Patagonia.

## [11 in first 17 at Nos Galan](http://www.cardiffaac.org/news/11infirst17atnosgalan.htm) Tuesday 2 January 2

## 018



Cardiff runners dominated the elite men's field in the annual Nos Galan races held in Mountain Ash on New Year's Eve, finishing eleven athletes in the first seventeen.

At the front of the race, Ieuan Thomas and Matt Clowes both held off last year's winner, Kristian Jones (Swansea), with Ieuan winning and Matt getting the verdict over Kristian but with the same chip time.

Mike Ward, home from university in the USA, was 4th, Carwyn Jones 6th, Dan Nash 8th, James Hunt 11th, Ciaran Lewis 12th, Mike Kershaw 13th, James Vincent 15th, Steve Morris 16th and Jac Smith 17th. There could have been no dispute about the team prizes.

In the elite senior women's race, Clara Evans was third.

There was a similar strong showing in the junior (14-15) race with Ben Reynolds finishing in second with Iwan Smith fifth and James Gold seventh. Nia Clatworthy was the first girl, with Lili Jones second, Emily Chirighin third, Bethany Gold fourth and Caitlin Chapman sixth.

Ben's brother Jacob won his age group race (12-13) with Ben Hughes 8th, Ieuan Rees 13th and Rhys Blow 14th. Jemima Robinson was third overall in this race and the first 12 year-old girl.

Other Cardiff performances included Millie Gold (3rd 10 year old); the third Reynolds, Oliver, first in th 8-9 race and Tim Fry, 6th in the fun run.

What a great way to finish the old year and look forward to 2018.

[**The official results can be seen here.**](http://results.sporthive.com/events/6353376204204015616)