

CHELMSFORD ATHLETIC CLUB

March 2011 Newsletter

As reported in our first 2011 newsletter we have got off to a great start to the year with outstanding performances across the club in various cross country and indoor events. This bodes extremely well for the rest of 2011, so good luck to everyone and let's aim for as successful year as we enjoyed in 2010!

John Weir, Chairman

Cross Country

Seldom can an Essex club have claimed as many county team titles in a season as we have achieved this term. Our success started in the veterans championships in December at Chigwell Row when our women's team claimed the gold medals. No individual medals but with Wendy King, Sally Mhlanga and Joanne Baker taking places 4, 5 and 6 we were in the vanguard and with Tracy Minton completing the scorers ours was the victory. Our men over 50 came close to another win being edged out by Ilford. Mick Bridgeland led our squad when taking the silver medal and had support from Keith Wilkinson 6th, Peter Tullett 13th and Stuart Robertson 19th.

The action turned to Hadleigh in January and athletes soon found why the area has been chosen for the Olympic Mountain Cycle events. Not that our athletes were deterred as seven sets of team medals, including five firsts, and ten individual medals were won. It was the under 13 year girls that started Chelmsford's charge – in fact so dominant were they that they won both first and third sets of team medals. Millie Smith led the field with Jodie Judd next home and with Khai Mhlanga youngest competitor in the field 4th and Elona Woodford 5th this was a clear cut win. Olivia Sofroniou 8th, Erin Minton-Branfoot 9th, Keira Tippett 17th and Cameron Venton 23rd were to just miss out on second spot being shaded out by Orion Harriers.

At under 15 level Sophie Riches was comfortably ahead having an advantage of some 40 seconds. Backing came from Katie Solis 6th, Natasha Fisher 8th and Madeline Gough 9th for a score of 24 points, Havering on 59 were second.

No surprise that the under 17 year title came our way - Jessica Judd, last years National champion, finishing well clear. Aimee Garnett placed second and with Kim Johansen 10th and Jessica Mead 11th here was yet another team win with 24 points ahead of Basildon's 47 score. At under 20 level we had Poppy Blake finishing second and Katie Tuttlebury 4th but this fine start counted for nothing as we were unable to field a full team.

The senior womens event had Havering the leading team as they had Harriet Scott and Sara Luck ahead of the field. We were however to take second spot with Carys Sutton 10th, Megan Evans 13th, Sally Mhlanga 16th and Hayley Pegg 31st.

There was less success on the boys side although Callum Charleston put in a good run to take third place in the under 15's race, with Aaron Rae 26th and Gregory Minton-Branfoot 33rd. At under 13 level Henry Blanks 9th and Nathan Brearley 18th were our sole entrants. In the under 17 year mens race however we were again running strongly in what was the closest finish of the day when only three seconds parted the first four runners. Basildon's Jack Fitsall had been winning the league fixtures and again he again came through ahead but pushed hard by Chris Youell and Alex Short in second and third. Steven Woodford 6th and Sam Robinson 9th completed the team for 20 points ahead of Woodfords 46.

And so to the last event of the day, the senior men. Basildon`s Mark Sanford took the individual title but with Paul Whittaker finishing second he was to lead us to the team title. James Williams, back from injury, had his best run for fifth place ahead of Gavin Chatterton 6th, Ryan Prout 14th, Lee Pickering 22nd and Steve Whittaker 27th giving a score of 76 against Woodfords 91.

Well done to all involved, athletes, coaches, team managers and not forgetting parents who of course get the youngsters there.

Roy Meadowcroft

Indoor Events

There have been some outstanding indoor performances this season with many athletes reaching finals, medalling and breaking records as well as achieving PB's in the National Champs at the Birmingham NIA and combined Essex/Eastern Champs at Lee Valley. The overall achievements of our club athletes are too numerous to mention here but some of the new championship records and gold medal performers are:

Moesha Howard, U15G 60m hurdles, 9.13s broke Essex and Eastern Champs records
Hannah Smithdale, U17W 60m, 7.67s broke Essex and Eastern Champs records
Nicole McKechnie, U15G 300m, 41.57s broke Essex Champs record
Jodie Judd, U13G 800m, 2:29.46 broke Essex Champs record
Max Paulin, U17M HJ, 1.91m broke Essex Champs record
Robert Wood, U20M Pole Vault, 4.1m equalled Essex Champs record
Hayley Mclean, U17W 60m hurdles National champion
Ellie Besford, U20W Pole Vault, 3.6m broke Eastern Champs record and National Champion
Georgia Green-Muid, U17W Essex 60m hurdles champion

Apologies if any other great achievements have been missed from the above list.

2011 subscriptions

Thanks to everyone for paying your 2011 subscription. There are a few stragglers and we would ask you pay as soon as possible. In the meantime please note that you will be unable to compete wearing your club vest until your subscription for 2011 is paid and you will also now have to pay £4.00 for each club training night session.

2011 Fixture list

A copy of the 2011 fixture list is attached to this newsletter. Please note coach travel has been arranged for the following matches:

- 8 May at Ipswich to leave Melbourne at 09.30
- 3 July at Stevenage to leave Melbourne at 09.30
- 24 July at Bedford to leave Melbourne at 09.00
- 21 August at Norwich to leave Melbourne at 08.30

Coach hire is unfortunately expensive and it is therefore necessary for us to charge £5 per person payable on the day. Please ensure that your team manager is aware if you intend to travel by coach and any family members who wish to travel may also subject to spaces being available on the coach.

Other news

The club's AGM is at 8.30 p.m. on Thursday 24th March at the clubhouse. We would encourage as many people as possible to attend this important meeting.

We urgently need a team manager for the U15 Girls team this season. If you are interested please speak to John Weir as soon as possible.

We still have a supply of anniversary shoe bags and if anyone has not received one, they should ask at reception desk

The date for the closure for entries to the Essex Outdoor champs is 6 April 2011. All athletes should look at the County website for Forms and event timetables.

We need some parental help with Catering at the home League meetings in the summer (April to mid June). Please let us know if you are able to assist.

Jack Petchey Foundation

Last year the Jack Petchey Foundation (JPF) undertook a survey of youth attitudes and produced a report on these findings called "Listen Up":

http://www.jackpetcheyfoundation.org.uk/public/file/Listen%20Up%202010%20JPF%20Report_1_7MB.pdf.

Over 6,000 young people took the time to voice their views and let JPF know the issues that really mattered to them. On account of such a powerful response JPF were able to get extensive exposure for the good things that young people do in local and national press.

This year JPF are delighted to be taking this a step further, with a second report – Listen Up 2 - and are calling for your help!

JPF want to know about the hopes and ambitions of young people in these changing times and want to understand exactly what young people at Chelmsford Athletic Club have to say, to then make sure that people in positions of influence and power, understand and react to these findings.

JPF would really appreciate it if all 11-25 year olds at Chelmsford Athletic Club could complete the Listen Up 2 survey by clicking on the following link:

<http://www.surveymonkey.com/s/ListenUp2>

You can also access the survey through the home page at:

www.jackpetcheyfoundation.org.uk

Everyone who completes the survey will get the chance to win an IPOD TOUCH.
PLEASE GIVE US YOUR VIEWS!

In addition the number of Achievement Award winners sending their details to JPF has dropped. Please make sure every winner has received a copy of the Congratulations leaflet and registered their details on line at www.jackpetcheyfoundation.org.uk/?sign-up

Doing this will not only put you in the running to win a £50 cash prize and an invitation to have lunch with Jack Petchey OBE but will also enable us to keep in touch with winners, continue to inspire them, invite them to special winners events etc.

We really appreciate your help – it makes a huge difference!

Many thanks,

The Jack Petchey Foundation Team

Leisure Plus

Chelmsford Borough Council is introducing this new scheme which will be live as from 1st April 2011. Chelmsford Borough residents can join this scheme for free in the first year if the Leisure Plus card is applied for before 30th June 2011. Full details are available at the main desk in the centre.

CHELMSFORD ATHLETIC CLUB - SUMMER FIXTURES 2011

APRIL	2 nd	Spring Warm Up meeting	Hornchurch
	9 th	Open Meeting	Lee Valley
	22 nd	Throws Fest (Shot, Discus, Javelin, Hammer)	Chelmsford
	23 rd	Spring Open Meeting	Chelmsford
MAY	1 st	Eastern Young Athletes League (EYAL)	Chelmsford
	1 st	National Junior League (NJL)	Thames Valley
	2 nd	Essex County AA Champs	Basildon
	4 th	Veteran Mens and Womens League	Chelmsford
	7 th	Senior Men/Womens League	Harrow
	7 th /8 th	Essex County Combined Events	Woodford
	8 th	Anglian League	Ipswich
	14 th /15 th	Essex County AA Champs (days 2 and 3)	Chelmsford
	18 th	Essex schools Combined Events champs	Chelmsford
	21 st	Senior Men/Womens League	Chelmsford
	29 th	NJL	Chelmsford
29 th /30 th	Inter Counties champs – seniors	Bedford	
JUNE	1 st	Veteran Mens and Womens League	Lee Valley
	4 th /5 th	England senior & U20 Champs	Bedford
	11 th	Essex Schools champs	Chelmsford
	12 th	EYAL	Braintree
	18 th /19 th	South of England senior & U20 Champs	TBA
	19 th	Anglia League	Chelmsford
	25 th /26 th	England U20 and U23 Champs	Bedford
29 th	Veteran Mens and Womens League	Chelmsford	
JULY	1 st /2 nd	All England Schools Champs	Gateshead
	3 rd	EYAL	Stevenage
	9 th	Senior Men/Womens League	Norwich
	10 th	NJL	Basildon
	15 th	Essex County AA Relay Champs	Braintree
	16 th /17 th	England Senior Champs	TBA
	17 th	Anglia League	Braintree
	24 th	EYAL	Bedford
	24 th	NJL	Bromley
30 th	Senior Men/Womens League	Worthing	
30 th /31 st	UK Senior Champs	TBA	
AUGUST	3 rd	Veteran Mens and Womens League	Southend
	6 th /7 th	Southern U15/U17 Champs	TBA
	14 th	EYAL	Braintree
	20 th	Senior Men/Womens League	Tonbridge
	21 st	Anglia League	Norwich
	28 th	NJL Promotion match	TBA
SEPTEMBER	11 th	EYAL Final	TBA
	17 th /18 th	All England Schools Multi Events	Exeter
	18 th	Anglia League Final	Bury St Edmunds