

What A Fabulous Weekend (24th & 25th July 2021)

We have just had a fabulous weekend of athletics and club unity and I just wanted to make sure I put into words what has been achieved.

5 Star & Senior Pentathlon

We had a tremendous day from U10 boys and girls all the way through to senior and VET athletes competing across a range of events. I was helping and to be amongst the youngest was brilliant. Just to see their endeavour, effort and cheeky smiles was great. Along with that were all the athletes in the Pentathlon competition and again to see both the desire to compete but also the camaraderie was wonderful.

We had the largest entry list for the Pentathlon in many years with athletes from many clubs.

Trophies were awarded to the top three in each of the Junior categories. The Seniors had a mix of Under 17's upwards with an additional trophy to the first Under 17. For many young athletes this was their first taste of competition, introducing them to multi-events and the special atmosphere that goes along with this type of event. All were presented medals and certificates as follows:

Under 10 Girls: 1st Lara Hammoudeh (CoPly) 211; 2nd Aria Griffiths (CAC) 183; 3rd Lexi Harrold (CAC) 119

Under 10 Boys: 1st J J Wells (Taun) 264; 2nd Noah Osborne (SDAC) 163; 3rd Jacob Holloway (Glouc) 142

Under 11 Girls: 1st Bethan Holloway (Glouc) 221; 2nd Holly Wykes (CAC) 213; 3rd Martha Jones (CAC) 211

Under 11 Boys: 1st Billie Eaton (N&P) 270; 2nd Daniel Garland (CAC) 239; 3rd Harry Dean (N&P) 179

Under 13 Girls: 1st Lara Harrold (CAC) 304; 2nd Isabella Trowell (EVH) 289; Sophie Webster (NDAC) 276

Under 13 Boys: 1st Alfie Jones (CAC) 335; 2nd Adam Foster (NDAC) 254; 3rd Seth Dyson (N&P) 214

Under 15 Girls: 1st Nia Powell (CarA) 386; 2nd Erin Buzza (CAC) 317; 3rd Evie Rowe (ExH) 312

Under 15 Boys: 1st Nicholas Maczugowski (CoPly) 422; 2nd Stefan Chirita (ExH) 419; 3rd James Rogers (N&P) 398

Under 17 Men: 1st Thomas Elliott (CoPly) 2414; Under 17 Women: Freya Bonell (CAC) 2144

Senior Men: 1st Dan Pearce (CoPly) 3032; 2nd Joe Bacon (BAC) 2698; 3rd Aidan Patton (N&P) 2690

Senior Women: Hannah Smith (CAC) 2615; 2nd Zara Mitchell (CAC) 2296; 3rd Freya Bonell (CAC) 2144

Newquay & Par Club Pentathlon Champions are Aidan Patton and Tinisha Harris

Clubs: (CarA) Cardiff Archers; (CAC) Cornwall AC; (CoPly) City of Plymouth AC; (ExH) Exeter Harriers; (EVH) Erme Valley Harriers; (Glouc) Gloucester AC; (N&P) Newquay & Par AC; (NDAC) North Devon AC; (SDAC) South Devon AC; (Taun) Taunton School

I again just want to thank all those who helped on the day to make it so special for the athletes, it is really appreciated. I would also like to make a special thanks to Louise and Tracey, for spending all day stuck away indoors on a lovely summer's day, compiling the results.

Tywardreath Trotter

We recently got our permit to be able to race in road and multi terrain races and our first outing was at the Tywardreath Trotter. It was fitting that we should start at our local event. We had great individual performances with the team being closed by Luke who had competed in the Pentathlon earlier in the day. We finished third overall and it was great to have both Simon and Mark supported by Morgan and Luke run what is a tough hilly race. We want to grow both the male and female teams over the next few years and these events will provide a route for athletes to continue to represent N&P beyond the track and cross country.

60-mile Fowey - Padstow Saints Ways Relay Challenge - there and back!

We move onto Sunday and a special day where 27 members of the club ran designated lengths of the Saints Way in memory of two great club members and to raise funds for Cancer Research. Raymund and Clive were so key to our club in the early days and have influenced both the club and by default us all. Raymund was a great athlete and artist, and it is his mural you can see on the wall in the Portakabin, this is the tenth anniversary of his loss. Clive was inspirational to us all in so many ways. His passing earlier this year was well documented but with the strange events over the last 18 months, many were unable to celebrate the influence he had on the club and in particular, the young athletes we saw perform the day before. This fund-raising effort went some way to bringing together the whole club, either in competing or in supporting the efforts of the athletes.

What made the relay so special was that we had athletes who had competed the day before running with others, including myself (very slow I may say) Shout outs must go to the irrepressible Luke who ran almost 8 miles in the morning to Lanivet, then the final three legs to Fowey, a further 13.5miles, with a 2-litre water container on his back! Paul and Simon ran 20 miles non-stop from Lanivet to Padstow the 5 miles and back, accompanied by Lucy on a 15.5-mile stint. (I think we have the start of an ultra-running team). It was wonderful to have Kim (Clive's Daughter) supporting, darting here and there with food and drinks which I know proved essential and was really appreciated. The day ended with Morgan & Will re-joining Luke & Claudia for the final leg into Fowey, where they were joined by Aidan, Isaac, Molly, Alfie and parents who had supported their efforts throughout the day. After a celebratory drink on the Town Quay in evening sunshine, the 'bubble' had a group hug, something not able a week before!

Isaac has set up a GoFundMe page which is now on our Facebook Public page, so please donate if you can.

Although he got a standing ovation on Saturday before the prize giving presentation, I have to again mention Dave. I know how much sheer hard work and effort he put into both days and I just want to thank him again for all his efforts. It is this dedication that made both days a huge success and bonded the club in a very special way.

It truly was a fabulous weekend.

Thanks